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DOMESTIC MEDICINE

OR THE

FAMILY MEDICAL ADVISER;

A MANUAL OF HEALTH.

WITH RECIPES.



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CONTENTS.

	PAGE
INTRODUCTION—PRESERVATION OF HEALTH	1
Air, Diet, and Exercise	<i>ib.</i>
HYDROPATHY	3
PREScriptions.	4
No. 1 Alterative Pill	<i>ib.</i>
2 Purgative Pill	<i>ib.</i>
3 A Mild Aperient	<i>ib.</i>
4 Digestive Aperient	<i>ib.</i>
5 Plummer's Pill	5
6 Stomachic Aperient Pill	<i>ib.</i>
7 Tonic Aperient Pill	<i>ib.</i>
8 Strengthening Pill	<i>ib.</i>
9 Another Strengthening Pill	6
10 Stomachic Pill	<i>ib.</i>
11 Another Kind	<i>ib.</i>
12 Pills for Asthma	<i>ib.</i>
13 Aperient Mixture	<i>ib.</i>
14 Abernethy's Black Draught	7
15 Tonic Aperient Mixture	<i>ib.</i>
16 Another.	<i>ib.</i>
17 Tonic Mixture	<i>ib.</i>
18 Fever Mixture	<i>ib.</i>
19 Refrigerant Draught for Fevers	8
ABSCESSSES AND BOILS	8, 9
AGUE	9-12
APOPLEXY	12-15
ASTHMA.	15-18
BILIOUS COMPLAINTS	18
BLEEDING FROM THE NOSE	18, 19
BOILS— <i>see Abscesses</i>	8
BURNS OR SCALDS	20
CANCER.	22-26
CATARRH AND INFLUENZA	26, 27
CHILDREN'S DISORDERS— <i>see reference to "Mother's Medical Adviser"</i>	4

	PAGE
CHOLERA MORBUS	28
COLDS— <i>see Catarrh</i>	26
COLIC	29-31
CONSUMPTION	31-36
COUGH	36
DIARRHŒA	37
DROPSY	38-41
DYSENTERY.	41-44
DYSPEPSIA— <i>see Indigestion</i>	53
EAR-ACHE	44
EPILEPSY	<i>ib.</i>
ERYSIPELAS	45
FALLING SICKNESS— <i>see Epilepsy.</i>	44
FEVERS.	46-49
GOUT	49, 50
GRAVEL AND STONE	51-53
INDIGESTION	53-55
INFLUENZA— <i>see Catarrh</i>	20
INFLAMMATION.	55
————— of the Bowels	<i>ib.</i>
————— of the Stomach.	56
————— of the Eyes, or Ophthalmia	<i>ib.</i>
————— of the Liver	56, 57
————— of the Lungs	<i>ib.</i>
————— of the Pleura	<i>ib.</i>
————— of the Throat, or Quinsy	<i>ib.</i>
JAUNDICE	58
OPHTHALMIA— <i>see Inflammation of the Eyes.</i>	56
PLEURISY— <i>see Inflammation of the Pleura</i>	57
PUTRID SORE THROAT	58
QUINSY— <i>see Inflammation of the Throat</i>	57
RENAL CONCRETIONS— <i>see Gravel</i>	51
RHEUMATISM	59
SCALDS— <i>see Burns.</i>	20
SCROFULA	59
SCURVY	60
SORE THROAT— <i>see Inflammation of the Throat, and Putrid</i> <i>Sore Throat</i>	57, 58
STONE— <i>see Gravel.</i>	51
TYPHUS FEVER— <i>see Fever.</i>	47

DOMESTIC MEDICINE;

OR,

FAMILY MEDICAL ADVISER.

IN presenting a book to the public designed to enable persons to restore to a healthy state those bodily organs whose derangement may have occasioned disease, it must be obviously still more desirable to point out those means by which health may be preserved.

To preserve the body in health, three things should be particularly attended to—Air, Diet, and Exercise : where the first is good, and the third taken abundantly, the second may generally be safely left to chance or circumstances, avoiding only those things which experience teaches to be hurtful to the individual. The labourer, who pursues his daily avocations in the open air, eats and digests readily food that the sedentary resident of a crowded town would find extremely indigestible ; but it must not be supposed, because the poor can eat with impunity almost any kind of food, that therefore our diet is a matter of small importance. The first thing we have mentioned as of high importance is air. We may be told that persons in trade must live where their business is situated ; but this need not prevent them from having their dwellings well ventilated. Allowing a current of air to pass through and purify the atmosphere within the dwelling is of as great importance as the kind of air which is without. It is from the constant current of air circulating through the principal streets of our metropolis, together with their cleanliness and good drainage, that makes London so healthy a city as it confessedly is ; and it is only a few spots, in marshy stagnant situations, or in districts crowded with the poorer classes, where too often filth accumulates, that disease is engendered, and good health is not generally enjoyed. Diet can in some degree be attended to by even the poorest persons, for the most whole-

some food is also the cheapest ; simple fare, avoiding indigestible articles, where the frame is weak, and, in all cases, moderate in quantity, will give the greatest chance of escape from those disorders that always follow in the train of excess. Water is a much better beverage than either ale or beer for those whose labour or exhausted strength does not require stimulants. The ale and porter of commerce, particularly the latter, are seldom sufficiently free from adulteration to be taken in any quantity without bad effects on the system. Exercise is the very life of life ; it is that which will enable us to live in confined and unhealthy places, and to eat coarse or almost indigestible food with impunity. For a confirmation of the importance of exercise, let us only cast our eyes over two portions of our female population,—those who from their wealth need not, or from idle or mistaken elegance of manners do not, take sufficient exercise ; and again at the poor females whose subsistence is to be earned by their needle, or similar sedentary employments, which, by confining them a great many hours, leave neither time nor inclination for healthy out-door exercise. To the former class we say,—Walk, ride, dance on your lawns, or run races with your brothers and sisters, so you but take exercise to absolute fatigue every day, and you will lose a whole host of small ailments,—headaches, nervousness, languor, and loss of appetite, often ending in that most fatal of all complaints, consumption. But what shall we say to the other class of unfortunate females, who, labouring perhaps sixteen hours a-day in a close and over-heated workroom, when they leave are only fit for that bed from which they have again so early to rise and renew their toil ? Our advice is this :—Reside at as great a distance from your workshop as you can by any possibility manage to walk, morning and night, to and from. You will say you are too “tired to walk ;” but we say, *walk*, and you will feel rested, renovated. It will be the means, the only means in your unhappy circumstances, to preserve your health. The same may be said to the whole host of clerks, &c., who are mostly wise enough to reside a few miles from town, but who, within the last few years, many of them, at least, contrive to defeat the good they might reap from this arrangement by availing themselves of those ever ready vehicles of transit, the city omnibuses. To these it

is probably owing that our young men of business are far less robust than persons in their rank of life appeared to be no longer ago than the last century. No one now thinks of walking if the distance exceeds a mile; and the stifling inside of an omnibus is but a poor preparative for a day of sedentary occupation over the desk in the close shop or warehouse! Would our young clerks, shopmen, or warehousemen only rise an hour earlier and walk, instead of riding to town, their heightened colour and invigorated limbs would well reward the exertion. Where these hints are attended to we shall hear no complaints of the deteriorated frames of the present generation; the healthy process of digestion so much depends on there being a sufficiency of exercise taken to promote the regular action of the organs employed for that purpose.

The system called *hydropathy* is at present very fashionable: it assumes to proceed upon the recognized principle that the cure of all diseases must be effected by the powers of the living system; and that remedies are merely to be employed with the view of placing the body under the most favourable circumstances for resisting disease.

Oxygen is considered as performing the most important part in the animal economy, and that deficient oxygen is equivalent to deficient temperature and deficient strength; and the application of cold water is considered as a remedial agent, by supplying oxygen and regulating temperature. And "practical medicine," observes one of the first disciples of this school, "makes use of cold, in a highly rational manner, as a means of exalting and accelerating change of matter."

Besides the cold water and sweating blanket, hydro-pathy has other adjuncts, as exercise in the open air, and a total abstinence from alcoholic drinks in every form, the effects of which are represented as impairing and diminishing all the digestive and vital powers, adulterating the sources and springs of life, and poisoning the very root of the tree.

The method of applying this cure varies with the disease to which it may be applied; and whatever its efficacy, its theory is not yet sufficiently developed to admit of its use by any but the experienced practitioner.

For disorders incident to children we must refer the reader to our treatise in the 'New Library of Useful

Knowledge,' entitled, "The Mother's Medical Adviser on the Diseases and Management of Children," in which the diet, nursery, clothing, and studies of infants are fully given, in addition to all the diseases to which children are liable.

P R E S C R I P T I O N S.

1. ALTERATIVE PILL.

Take of blue bill, twenty grains; tartar emetic, two grains; extract of hemlock, one drachm, or four scruples; mix them well together, and divide the mass into twenty pills: one should be taken every other night; under urgent circumstances they may be taken twice a-day.

2. PURGATIVE PILL.

Take of compound extract of colocynth, and compound rhubarb pill, of each half a drachm; calomel, twelve grains; oil of caraway, five drops; syrup, a sufficient quantity to form the whole into a mass. Divide into fifteen pills.

3. A MILD APERIENT PILL.

Take of compound extract of colocynth, half a drachm; compound rhubarb pill, a scruple; Castile soap, ten grains; oil of juniper, five drops. Beat them into a mass, and divide into twelve pills. One or two pills at bed-time are excellent in all bilious affections, &c.

4. DIGESTIVE APERIENT PILL.

Take of Socotorine aloes, thirty-six grains; rub them well with eighteen grains of gum mastic; add of compound extract of gentian and compound galbanum pill, each twenty-four grains; oil of aniseed, a sufficient quantity to make the mass into twenty pills. Two or three are to be taken before dinner, or at night.

5. PLUMMER'S PILL, OR COMPOUND CALOMEL PILL.

Take of calomel, twenty grains ; precipitated sulphuret of antimony, twenty grains ; gum guaiacum, in powder, two scruples. Rub them well together in a mortar for ten minutes, and, with the addition of a little conserve of hips, form them into twenty pills. One may be taken once or twice a-day.

6. STOMACHIC APERIENT PILLS.

Take of compound extract of colocynth, one drachm ; ipecacuanha powder, ten grains ; extract of chamomile, twenty-six grains ; extract of henbane, twenty-four grains. Mix them well together, and divide the mass into twenty-four pills ; of which one, two, or three, are a dose.

7. TONIC APERIENT PILLS.

Take sulphate of quinine, thirty grains ; compound rhubarb pill, one drachm ; compound extract of colocynth, twenty grains ; oil of aniseed sufficient to mix the whole together : divide into thirty pills. One or two are a dose.

These are excellent tonic pills ; and it may be here observed, that tonic pills should always be combined with an aperient where practicable, particularly when their use is long persisted in.

8. STRENGTHENING PILLS.

Take of subcarbonate of iron, a drachm and a half ; ipecacuanha, in powder, fifteen grains ; aromatic powder eight grains ; extract of gentian, half a drachm ; Socotorine aloes, in powder, four, six, or eight grains ; simple syrup, or mucilage of gum Arabic, a sufficient quantity to form the whole into a mass of proper consistence, and divide into thirty pills. Two or three, three times a-day, are valuable in indigestion, &c.

9. ANOTHER STRENGTHENING PILL.

Take of sulphate of iron, half a drachm ; subcarbonate of potash, ten grains ; myrrh, in powder, a drachm ; compound powder of aloes, half a drachm. Beat them together, and divide into thirty pills. Two are to be taken three times a-day.

10. STOMACHIC PILLS.

Take of rhubarb, in powder, two scruples ; ipecacuanha, in powder, twenty grains ; Castile soap, two scruples ; syrup of orange-peel, to mix the whole into a mass. Divide into twenty-four pills ; one to be taken thrice a-day. These are excellent pills in indigestion and bilious affections.

11. ANOTHER KIND OF STOMACHIC PILL.

Take of rhubarb and ginger, in powder, of each half a drachm ; oil of cloves or aniseed, a sufficient quantity to form the whole into thirty pills, of which two are to be taken before dinner, and two in the evening of each day.

12. PILLS FOR CHRONIC COUGH AND ASTHMA.

Take of compound squill pill, a drachm ; ipecacuanha, in powder, fifteen grains ; mix with a little syrup, and divide into fifteen pills : one to be taken, three, four, or five times in the day and night.

These pills assist in expectoration, and are good in all indolent or habitual coughs.

13. APERIENT MIXTURE.

Take of Epsom salts and Glauber's salts, of each half an ounce ; spearmint water, five or six ounces ; antimonial wine, two drachms ; tincture of senna, half an ounce : from two to four table spoonfuls are a dose, and may be taken every three hours till the end is attained.

14. ABERNETHY'S APERIENT, OR BLACK DRAUGHT.

Take of Epsom salts, half an ounce; best manna, two drachms; infusion of senna, six drachms; tincture of senna, two drachms; spearmint water, an ounce; distilled water two ounces. From three to five table spoonfuls may be taken in the morning.

15. TONIC APERIENT MIXTURE.

Decoction of bark and infusion of senna, of each three ounces and a half; sulphate of potash, three drachms; compound tincture of bark, half an ounce. Mix, and take three table-spoonfuls once or twice a-day, to keep the bowels regular.

16. ANOTHER.

Take of infusion of cascarilla or columba, and compound decoction of aloes, or infusion of senna, of each three ounces and a half; sulphate of potash, four drachms; tincture of columba, half an ounce. To be taken as the former.

These combinations of tonics with aperients are considered as of great service in many cases, particularly in weakness of the bowels, which is frequently the great cause of costiveness.

17. TONIC MIXTURE.

Take of infusion of columba, five ounces and a half; compound tincture of cinnamon, two drachms; syrup of orange-peel, two drachms. This is excellent in cases of indigestion and bilious complaints, and will check vomiting. Two table-spoonfuls every four hours make a dose. It may be taken during pregnancy.

18. FEVER MIXTURE.

Take of subcarbonate of potash, two drachms; purified nitre, thirty grains; camphor mixture, six ounces; syrup


of saffron, three drachms. Mix, and for a dose take two table-spoonfuls, which should be mixed with an equal quantity of water and a table-spoonful of lemon-juice, or twenty-five grains of citric or tartaric acid, and drank immediately. It may be repeated every three or four hours.

This cooling mixture will be found of much service in all inflammatory fevers and acute inflammations.

19. REFRIGERANT DRAUGHT FOR FEVERS.

Take of subcarbonate of potash, a scruple; cinnamon water, two drachms; common water, an ounce and a half; syrup of orange-peel, a drachm; mix them, and when taken add a table-spoonful of lemon-juice, or fifteen grains of citric acid powdered: drink it immediately.

This is usually given in fevers and all inflammatory diseases. When the fever and thirst are very severe, six or eight grains of purified nitre may be added to each draught.

 Sixty drops make a tea-spoonful: one drachm is a tea-spoonful, half an ounce is a table-spoonful.

ABSCESSSES

Are of two sorts, the acute and the chronic. An acute abscess is preceded by inflammation in the part, which soon terminates in suppuration or the formation of pus, which is indicated by a change in the nature of the pain, which becomes more obtuse, and a throbbing sensation is felt; the tumefaction increases, the swelling becomes softer, and the throbbing gives place to an uneasy feeling of weight; the skin reddens, and soon after gives way, and affords free egress to the purulent matter.

A chronic abscess is a collection of unhealthy pus, resulting from a slight but continued inflammation, occurring generally in feeble constitutions, and especially where a scrofulous taint exists. In the early stages, it is attended with but little pain, and till the cavity becomes exposed to the air the constitution is not perceptibly affected. When this kind of abscess is not artificially opened, the cyst or sac in which the pus is enclosed goes on enlarging, and the matter often accumulates to a vast extent; the skin extends and becomes attenuated, and at last giving way admits the air to the interior of the cavity.

All abscesses which point externally, or whose contents can be safely evacuated through an artificial opening, require the aid of the surgeon.

In acute abscesses, the best practice is to promote their maturation by warm poultices and fomentations, leaving the matter to find its own way out, except in cases where the confined pus, by its pressure or extensive diffusion, is liable to injure important parts; in this case an opening should be made.

Boils much resemble abscesses, and occur in every part of the surface of the body: they are small hard tumors, acutely tender to the touch, and suppurating with a core in the centre; persons of a full habit are the most frequently attacked by them, though they sometimes visit persons who are debilitated and evidently suffering from illness. In the former case, some cooling opening medicine should be given, such as Epsom or Glauber's salts, or salts combined with senna, in doses according to the age and strength of the patient. A common bread and water poultice should be applied daily to a boil till it suppurates and breaks, when it may be dressed with calamine cerate, or saturnine ointment twice a-day till it heals. When boils occur in weakly habits, the alterative pill, No. 1 of the prescriptions, may be given every night, with the purgative pill, No. 2, occasionally. To strengthen the constitution, the compound decoction of sarsaparilla may be taken.

AGUE, OR INTERMITTENT FEVER,

Consists of febrile paroxysms, which completely subside and return at stated periods. During the intermissions the

patient is generally quite free from fever, but a degree of languor and distaste for exertion remains. There are several species of ague: but the *quotidian*, which returns every day; the *tertian*, which returns every other day; and the *quartan*, occurring on the first and fourth day, are the principal. Every fit of ague consists of three periods,—the cold, the hot, and the sweating,—and these follow in regular succession. In the cold stage, the face and limbs become pale, the features shrink, the breathing is short, and a sensation of severe cold is felt over the whole body, which is succeeded by violent shivering: in the next stage, the heat returns to the body, which soon becomes dry; the countenance becomes flushed, acute pain is felt in the head, sometimes producing slight delirium; the pulse is full, strong, and frequent, and the thirst urgent. These symptoms are followed first by a moisture of the skin, and then by an equable perspiration, which terminates the fit. The whole paroxysm generally occupies about eight hours. The time that elapses from the commencement of one paroxysm to the commencement of another is the interval; the time that elapses from the termination of one paroxysm to the commencement of another is called the intermission.

When agues continue for any length of time, they are apt to induce other complaints, such as dyspepsia, dropsical swellings, and general debility, which sometimes end fatally.

Autumnal agues are more difficult to cure, and more frequently followed by dangerous consequences than are those occurring in the spring.

Debility is the principal predisposing cause of ague; and the generally exciting cause is a residence in the vicinity of damp or marshy grounds, particularly if impregnated by vegetable matter in a state of decomposition; dampness and night air add peculiar force to the operation of marsh miasma.

The *treatment* of this disorder divides itself into two branches: first, means to be employed during a paroxysm to stop its progress or abate its violence; or, secondly, those which may prevent a return of the paroxysm, and effect a permanent cure.

On the commencement of what is called the fit, the patient should be placed between the blankets in bed, and

partake freely of such mild diluting drinks, as water-gruel, barley-water, &c., and a large dose of laudanum may be given in a little cinnamon, or any simple water, an hour before the fit comes on, or not less than from forty to sixty drops should be given. Laudanum thus given at the commencement of the cold stage shortens its duration very much, and renders the whole paroxysm lighter; it may be given with advantage after the commencement of the hot fit. At the commencement of the cold fit the following draught may be given with good effect:—One scruple of carbonate of ammonia, with eight grains of the compound powder of ipecacuanha, mixed in an ounce and a half of mint water. During the intermissions, the Peruvian bark is considered as a specific: the stomach must be cleansed by an emetic: twenty grains of ipecacuanha powder should be given, and after it has ceased to operate, the bowels should be evacuated by giving one of pills No. 2, washing it down with a full dose of Abernethy's aperient mixture, No. 14. This mixture should be taken to the extent of three to five table-spoonfuls every morning, or every other morning: then the bark should be taken directly. Eight doses may be made from an ounce of the best bark, and one dose be taken every hour, or at furthest every two hours. When the fits return after short intervals, it will be requisite to administer the bark immediately on the termination of the fit, and continue its use until its return again; but if the intervals of intermission are long, the bark need not be taken till within six or eight hours of the time when the cold fit is expected to return. The bark must be continued for some days after the attacks have ceased. Where there is great debility, the bark may be taken in a glass of port wine: if it relaxes the bowels, three or four drops of laudanum may be added to each dose: if it produces costiveness, add a scruple or two of powdered rhubarb to each dose, as occasion may require; when it causes nausea, twenty or thirty drops of diluted sulphuric acid may be added.

The present most popular remedy for ague is the preparation of Peruvian bark called sulphate of quinine. From two to four grains, made into a pill, with a small quantity of extract of gentian, are to be taken in the way just recommended for the bark, and their use must be persisted in for at least a week after the disease has ceased,

to prevent a relapse. This medicine, being nearly tasteless, is particularly advantageous for children. When a hard strong pulse, pain in the side, and other inflammatory symptoms are present, it will be advisable to remove these symptoms by low diet, or abstracting eight or ten ounces of blood from the arm before giving the bark, which might otherwise prove quite inefficient.

APOPLEXY

Consists of a sudden abolition or great diminution of the powers of sense and voluntary motion, the patient lying in a sleep-like state, the action of the heart continuing, as well as the respiration, which is often accompanied with a stertorous sound. An apoplectic fit is frequently attended with convulsions of one side of the body and paralysis of the other.

Apoplexy occurs under two forms; the first characterized by a hard full pulse, flushed countenance, and stertorous breathing; the second by a feeble pulse and pale countenance. The majority of apoplectic cases are referable to one of these two classes, which we may call *sthenic* and *asthenic*, the difference in them residing in the state of the system.

In the *sthenic* form of this disease the fit is generally sudden, though it is occasionally preceded by a dull pain in the head, accompanied by a sense of weight, somnolency, and vertigo. During the fit the inspirations are deeper than natural; the face is red, and the eyes bloodshot; and there is sometimes bleeding from the nose. On the accession of the paroxysm the patient falls to the ground, and lies as in a heavy sleep, from which he cannot be roused. In this form of the disease stertorous breathing almost invariably occurs. There is often also an accumulation of frothy saliva, which, as it becomes troublesome by its increase, is occasionally blown away from the lips with great force; the skin is nearly at its ordinary temperature, and covered by a copious perspiration; the pulse is full and hard; the face flushed; the eyes bloodshot and prominent, but generally closed; the cornea is dull and glassy, and the pupil for the most part dilated. The paroxysm of apoplexy varies in duration from eight to forty hours, or longer.

The *asthenic* form of apoplexy rarely makes its attack so unexpectedly as the *sthenic*, and is usually preceded by some precursory symptoms, as headache, vertigo, imaginary sounds, faltering speech, failure of the memory or of some other mental faculty, and, at length, a sense of drowsiness and tendency to short spasms. On the attack of the paroxysm the patient is completely prostrated, as in the former species ; but the countenance, instead of being flushed, is here pale or sallow, but at the same time full or bloated ; the pulse is weak and compressible ; the breathing, though heavy, is not always stertorous.

The most common cause of apoplexy is considered to be pressure on the brain ; and whatever operates in determining a great quantity of blood to the head, or impeding a free return of it, may be stated as exciting causes,—such as violent passions of the mind, immoderate exercise, intense study, fits of intemperance, excessive straining, ligatures about the neck, the suppression of accustomed evacuations, as piles, &c., unrestrained indulgence of the appetite, and exposure to a great or sudden degree of heat or cold.

Apoplexy seldom attacks persons before they arrive at the middle age or decline of life. Persons of a plethoric habit, who have short necks, who are indolent, and indulge freely in the pleasures of the table, are most liable to this disease.

In considering the remedies, it will be highly necessary to distinguish between apoplexy occurring in the vigorous and plethoric and that attacking a constitution naturally infirm or enfeebled by age, intemperance, or excessive exertion. When we have had an opportunity of noticing the precursory symptoms which we have described, we shall often be able to ward off a paroxysm by bleeding, purgatives, perfect quiet, and, in the *sthenic* variety, by a reducing regimen. Where, however, the state of the pulse and other symptoms give proof of weak vascular action and nervous debility, depletion should be practised with caution, and purgatives will often be found preferable to blood-letting. Yet whatever be the degree of general debility, if there be drowsiness, giddiness, and a dull pain in the head, we must have recourse to bleeding ; for such symptoms will assuredly lead to a fit unless timely subdued.

When a fit of apoplexy occurs in a patient of vigorous

and plethoric habit, blood-letting, both general and local, active purgatives by the mouth and in clysters, and the free application of cold to the head, form the best remedies. But in apoplexy of the infirm or enfeebled it will be best as a general rule wholly to abstain from drawing blood in any way.

When a patient is first seized, if possible he should be placed in a large apartment into which cool air may be freely admitted; his head and shoulders should be placed in an elevated position, all ligatures should be removed, especially from the neck; the legs and feet should be placed in warm water, or rubbed with hartshorn and sweet oil. When the disease has been preceded by marks of strong action in the blood-vessels, a pint or two of blood should be immediately drawn from the arm or jugular vein, and a dozen leeches may be applied to the temples, or cupping on the back of the neck may be resorted to. Immediately after these operations a copious clyster, made of an ounce of Epsom salts dissolved in a pint of barley water, thin gruel, or warm water, to which must be added two ounces of olive oil; four ounces of infusion of senna may be administered, and active purgatives may be given by the mouth as soon as the patient is able to swallow. Two grains of calomel, with five grains each of rhubarb and jalap, may be taken in a little syrup or jelly, washed down with a full dose of No. 14. Besides these remedies the head may be covered with linen cloths wrung out of cold water, or vinegar and water, changed repeatedly, or pounded ice put in a bladder may be placed on the head. If it is found impossible for the patient to swallow the remedies we have prescribed, then ten grains of calomel and two of powdered gamboge, mixed with a little jelly, treacle, or butter, may be placed on the tongue. Unless the clyster and powder operate well, they must soon be repeated; and in all cases the purgatives must be repeated every day at the commencement, and then every second or third day for some time afterwards.

If the fit comes on after a hearty meal, an emetic is the first remedy to be resorted to, but otherwise emetics are not advisable; but a mustard poultice may be applied to the soles of the feet with advantage at the commencement of the attack.

Blisters may be applied, first to the back and then to the arms or thighs. When recovery commences, change of air and mild tonics, keeping the bowels regular by the use of gentle aperients. Having the head shaved frequently, or at least daily washing it with cold water, and rubbing with a flesh-brush dipped in cold water, will be found very useful in guarding against a second attack. The cold or tepid shower-bath is of great utility, as is the use of the flesh-brush to the feet and arms for ten minutes every morning. Rubbing and patting the legs with the stockings on assists in bringing the blood to the extremities; and if the speech is affected, rubbing the throat with the flesh-brush will be found useful, as also rubbing under the chin with the hand.

The clothing should be warm, but loose about the body.

In diet, butter and cheese are to be avoided; milk is proper for breakfast; barley-meal porridge or gruel is good; tea may be taken for a change, with toasted brown bread, particularly if there is a little rye in it, as it is preferable to common bread. The use of animal food must be very sparingly resorted to, but when used, white fish, being lighter, should be preferred. Ripe currants, gooseberries, grapes, apples, and oranges may be taken, but not stone-fruits, with the exception of peaches; and the drink should be toast-water, a little ginger beer, or home-brewed ale, but neither wine nor spirits; the latter two would be poison to the patient.

Much more may be done in the way of prevention than by remedy; and when an attack takes place, every chance of success depends on promptness; in an apoplectic attack not a moment must be lost, as the patient may be dead before a doctor can arrive.

ASTHMA

Is characterized by difficulty of breathing, recurring in paroxysms, accompanied by a wheezing sound, cough, and sense of tightness of the chest, terminating in expectoration more or less copious.

The paroxysms of asthma are generally preceded by languor, flatulency, headache, heaviness over the eyes, sickness, pale urine, disturbed rest, and a sense of oppression above the heart. The attack generally comes on

in the middle of the night; the patient wakes suddenly from his first and deepest sleep, and feels a distressing tightness about his chest, and labouring for breath.

Asthma is commonly considered to be of two distinct species,—the dry spasmodic or nervous asthma, and the humid or habitual asthma. There are numerous exciting causes of asthma, such as a cold and moist atmosphere, sudden changes of temperature, or removal from a healthy spot in the country to a confined town residence. As *remedies*, we shall first point out what may be done to mitigate the severity or shorten the duration of the fit, and then consider what *treatment* is to be adopted during the intervals, in order if possible to effect a cure.

When the fit is felt to be coming on, the patient should be brought near a large fire, the feet and legs be placed in warm water, and some warm drink, such as gruel or barley-water, be given him, to which two or three spoonfuls of ether or aromatic spirit of ammonia have been added. If the pain and constriction of the chest be severe, the part may be fomented with hot flannels, or bladders of hot water. Ten drops of Batley's solution of opium, or the same quantity of laudanum with half a drachm of ether, may be taken in an ounce and a-half of mint water; or the same quantity of Batley's solution may be taken in a breakfast-cupful of strong coffee three or four times in twenty-four hours. The following pills may also be taken:—Take of true James's powder, ten grains; ipecacuanha powder, four grains; camphor, six grains; extract of henbane, a sufficient quantity to form the mass: divide into six pills, two of which may be taken every hour, either with or without the draught.

Coffee is considered as very efficacious in abating the severity of an asthmatic attack: the best Mocha coffee should be employed, which should be made very strong, and used as soon as possible after roasting.

An emetic of twenty grains of ipecacuanha powder will often relieve the fit, if taken on its accession, and should be afterwards taken once in three or four weeks. An emetic is a very useful remedy, as it promotes spitting and relieves the chest; but when the patient will not submit to it, three grains of compound ipecacuanha powder may be made into a pill, with conserve of roses, and given instead, every two or three hours till the fit abates.

Strong brandy and water is sometimes found very efficacious in relieving a fit, and gin and water has been said to cure spasmodic asthma when every other kind of spirit and all medicines have failed.

The following draught may be taken every three hours during the paroxysm: Take of extract of henbane, three grains; diluted nitric acid, thirty drops; tincture of squill, fifteen drops; water, an ounce and a half.

During the intervals of the fits such a diet and regimen should be observed as are calculated to invigorate the digestive functions and the constitution at large. Where no inflammatory symptoms are present, the following pills are very serviceable: Take of gum ammoniac, gum assafoetida, of each a drachm; powdered ipecacuanha, fifteen grains; Peruvian balsam, enough to form the whole into a mass: to be divided into thirty pills; two or three to be taken twice or three times a-day. Take of the compound squill pill, a drachm; powder of ipecacuanha, twelve grains; purified Turkey opium, three grains; camphor, a scruple: mix them, and divide into twenty pills; take two, three times a-day.

When the fit has perfectly subsided, stomachic remedies are to be taken. The pills Nos. 8, 9, 10, and 11 will be found very useful. Those persons subject to headache, or who are soon heated, will reap great benefit from No. 11.

The compound tincture of Benjamin, or benzoin, when it is good, and there is not much fever, may be taken to the extent of thirty or forty drops, three times a-day, on a lump of sugar.

Emetics are always useful; and whatever other medicines are taken, the ipecacuanha powder may be used safely at least once a-month.

Lobelia Inflata, a kind of tobacco growing in the United States, is much recommended for the cure of spasmodic asthma by the American physicians. It is taken in the form of tincture, which is made by digesting, for a few hours, two ounces of the dried plant in a pint of diluted spirit of wine; a tea-spoonful is an ordinary dose, which may, by degrees, if it remains on the stomach, be increased to a table-spoonful. The effects ascribed to this are almost incredible.

A perpetual blister, or a seton in the side, arm, or neck,

seldom fails to give great relief. A common blister is also very useful to relieve the distressing pain which frequently affects the head in this disease. For the flatulency, also frequently occurring, take of distilled vinegar, three ounces; powder of ipecacuanha, four grains; water, three ounces: four table-spoonfuls of this mixture may be taken as occasion requires, and will frequently relieve the cough. Cold bathing is considered useful, but warm bathing is injurious. Smoking stramonium has been much recommended in that form of the complaint in which the patient expectorates rather freely, and where there is no great fulness of habit. Dr. Copeland recommends it in spasmodic asthma.

BILIOUS COMPLAINTS.

These and liver complaints are now very fashionable terms to designate any disorder of the digestive organs; and by far the greater number of cases so named are disorders of the stomach or bowels, or perhaps both, and as such they are always most safely treated: by no means should recourse be had to frequent doses of mercurial remedies, which are never necessary, and often extremely hurtful. Some persons labouring under bilious affections are in the constant habit of taking calomel pills for the removal of their complaints, and others take violent emetics and purgatives; but this is decidedly wrong. One grain of calomel may be given at night, and four of blue pill every alternate night, and is frequently of great service, but beyond this it is hurtful to proceed. The most safe and efficacious mode is to keep the bowels carefully regulated by mild aperients, such as the pill No. 3 or No. 4. This, with proper exercise, will cure any common case of what is usually called bilious disorder.

BLEEDING FROM THE NOSE.

This is seldom dangerous, and is generally caused by an unhealthy condition of the constitution in adults, or from constipation of the bowels in children. Before attempting to stop the flow of blood, it is proper to consider whether it may not be an attempt of nature to relieve a previous unhealthy state. In a plethoric state, and where it

appears to afford relief to previous unhealthy symptoms, a premature attempt to stop it would be attended with manifest injury ; but in weakly persons bleeding from the nose is frequently hurtful.

In young or middle aged persons, who are not weakly, it will mostly be sufficient to immerse the face in the coldest water that can be procured, washing over the temples or the whole head, or a napkin wrung out of cold water may be wrapped round the head ; a sponge or cloth which has been dipped in cold water may be placed between the shoulders or legs, and frequently changed, or cold water and vinegar may be thrown up the nose by a syringe. When the bleeding has been stopped by these means, an emetic of twenty grains of ipecacuanha powder should be administered to prevent a relapse ; and in some obstinate cases, where the bleeding frequently returns, it may be requisite to give the patient ten drops of tincture of digitalis three times a-day, employing a spare and simple diet.

Bleeding from the arm should very rarely be resorted to. If the bleeding occurs in weakly persons, that debility which is the cause would be materially increased by artificial bleeding.

In persons of this description a tonic plan of treatment must be adopted, giving ten or fifteen grains of powdered bark, or two grains of quinine may be taken ; or a pill composed of five grains of carbonate of iron and the third of a grain of powdered aloes, made into a mass with extract of gentian, may be taken three times a-day.

If the bleeding still obstinately returns frequently or in any great quantity, the most efficacious remedy is the following pill : Take of super-acetate of lead, five grains ; powdered opium, two grains ; made into a mass with a little conserve of roses, divided into five pills, one of which may be taken three times a-day.

Where the loss of blood has been so great as to occasion much exhaustion, a little port wine may be given. In all cases of bleeding from the nose the bowels should be kept open by mild aperients. Children of a costive habit, who are subject to bleeding at the nose, should take a mild aperient, such as six or eight grains of powdered rhubarb with as much super-sulphate of potash every other night, or three times a week for six or eight weeks,

and afterwards continue the use of the same powder occasionally to prevent constipation. This is an excellent powder for children, instead of resorting to calomel on all occasions.

BURNS OR SCALDS

Require different treatment according to the extent of injury first sustained. There are three states or conditions occasioned by burns or scalds, and these states must be particularly attended to in the treatment pursued. The first and most simple state is when the outer or scarf skin is merely blistered, but remains unbroken. The second, where the outer or scarf skin is extensively separated from the surface of the true skin, so that the extremities of the nerves are exposed. This state is most frequently produced in accidents from fire. The third state is a still deeper injury, which destroys the life of the true skin, and renders the process of suppuration absolutely necessary, creates danger from fever, and other derangements of the system often follow.

In the first case, as long as the blisters are not broken, there is little danger, and the first object must be to preserve them entire, or otherwise a considerable discharge would come on, causing great irritation. Cold applications should be employed immediately. Goulard water, made by mixing a drachm of acetate of lead with two ounces of distilled vinegar, half an ounce of spirit of wine, and a pint and a half of water, should be applied by means of linen cloths dipped in it, and frequently changed with great care; or cold water, vinegar and water, or scraped potatoes, may be used cold: strong soapsuds are very useful. When the inflammation is reduced by these means, add to three ounces of olive or linseed oil six ounces of lime water, for a liniment, and apply carefully; or one drachm of Turner's cerate, mixed with three drachms of white cerate, will be found a very grateful application.

Where the injury arises from a very extensive scald, cold applications must not be used, as they depress the vital powers and prevent re-action. In this case raw cotton has been recommended to be thinly spread over the part; but if it cause pain it must not be persisted in. When a scald takes place, if the part be covered with

clothing, such as a sleeve or stocking, this should not be forcibly removed lest the skin be ruptured in so doing, but the clothing should immediately be submerged in cold water to bring down the temperature; and when it is afterwards removed, it should be with the greatest gentleness and caution, cutting rather than pulling it away.

When, as in the second state, the blisters are broken and much of the skin removed, owing to the increased sensibility of the parts, the danger is greater, and death may shortly ensue; the pulse is quick and small, and the patient generally chilly; milk and lime water, in equal proportions, should be applied as a lotion; or the liniment of olive oil and lime water, half a pint of each, and an ounce of spirit of wine, may be frequently spread over the parts with a hair pencil or feather.

In the third state, though the mischief done appears greater, yet there is no immediate danger, though there is a remote one. Here stimulants are of the greatest service. The wounds are to be bathed two or three times with spirit of wine and camphor, or spirit of turpentine; then apply a soft cloth on which you have spread some common yellow basilicon softened with spirit of turpentine, and let it remain on for fifteen hours; then remove it, and wash the wounds with spirit of wine or tincture of opium made warm, and then apply the yellow basilicon as before, only softening it with camphorated oil instead of the turpentine. After these two dressings, Turner's cerate may be used, as directed for burns in the first state. When any great discharge takes place, powdered chalk may be used, spread over the place to absorb the discharge before applying the cerate. It is not considered safe to give active purgative medicines in severe burns, as diarrhœa is apt to take place. When the burns have been caused by gunpowder, some of the grains, forced into the skin, are apt to remain; to remove these a poultice of bread and water may be applied.

In warm weather, should the discharge be very great, the smell may become offensive, and maggots may be formed; in this case the dressings must be carefully changed every day, and two grains of the chloride of lime dissolved in an ounce of water may be applied, by laying a piece of lint or linen cloth dipped in the solution over

the burns : the solution may be bought in the shops, with directions for its use.

In this stage of deep burns, while these external applications are being used, a dose of laudanum, regulated by the age of the patient and the severity of the symptoms, should be administered soon after the injury, and stimulants, such as a little wine and water, or beer, may be given occasionally till suppuration takes place, when no further stimulants will be required, unless in case of very great discharge taking place, when sufficient must be given to support the strength.

Another method of managing burns is by applying vinegar for some hours ; and when destruction of the parts has been caused, poultices applied for six or eight hours, then removing them, and covering the parts with powdered chalk, and placing poultices over this, renewing the dressings of chalk and fresh poultices every night and morning : if the poultices relax the ulcers too much, Turner's cerate may be employed instead, but the chalk must be continued till the cure is complete.

In cold weather the vinegar is applied a little warm.

CANCER.

This most painful of diseases has been defined as " a hard tumor intersected with firm whitish bands, found chiefly in the excretory glands, or skin, which is capable of contaminating other parts, either by direct communication, or through the medium of the absorbents ; is attended with acute lancinating pains, and generally terminates in a fetid and ichorous ulcer."

It consists of two states or stages : in the first it presents the appearance usually denominated schirrous ; in the second it softens, ulcerates, &c, and degenerates into true cancer.

It most commonly attacks the female in the breast and womb, the lips, tongue, &c. In the breast it usually commences with a small lump or indolent tumor, claiming little attention ; after a shorter or longer period, there is an itching sensation felt in the part, then a pricking and shooting ; these are succeeded by a darting pain, with burning heat, and a discoloration of the skin. The tumor now rises higher towards the surface, and feels

knotty to the touch. Sometimes the advance of this disease is extremely slow, in other instances extremely rapid; but at length the ulcer breaks, and a small quantity of hot and watery discharge takes place; the ulceration advances, spreading wider and deeper, exposing a considerable extent of surface, and a broad excavation is scooped out, the discharge being great, and having a most peculiar and offensive fetor.

Cancer of the Womb must never be treated but by the most skilful practitioner; but cancerous affections of the lip and skin are attended with less danger than those of the breast and womb, and are often curable when treated properly at the commencement.

The most distinguishing symptoms of cancer are stony hardness of the part, its being perfectly circumscribed, and what is called loose within the skin, being unconnected with the surrounding parts, and to be distinctly felt, and it never, or very rarely, occurring but in the excretory glands or skin.

The causes of cancer are various, and sometimes not to be discovered. A blow on the breast will produce a tumor, which years after will assume the character of cancer; a derangement of the general health, or the usual changes that take place in the constitution of women, are among the exciting causes: but when cancer takes place, it is generally considered to be the consequence of a predisposition in the constitution to the development of this disease.

The *curative treatment* must depend on its stage, whether it be the unbroken schirrous or occult cancer, or the broken and ulcerated cancer.

The method of cure must have especial reference to the state of the constitution. At the commencement of the schirrous stage means have been employed advantageously; and the best local remedies are those which are cooling and astringent, calculated to repress irregular action in the blood-vessels of the part, and to promote absorption; while alterative and tonic medicines are to be given internally.

One of the following lotions may be applied to the part by means of linen rags four or five times doubled, which are to be kept constantly wet, and closely wrapped over and around the tumor.

Take of sal ammoniac, two drachms ; water, five ounces ; rectified spirit of wine, an ounce : or solution of acetate of ammonia, three ounces ; rectified spirit of wine, an ounce ; water, two ounces : or carbonate of iron, two drachms ; distilled vinegar, two ounces ; water, twelve ounces.

An ointment made of half a drachm of hydriodate of potash, and an ounce and a half of fresh hog's lard, relieves the pain, and sometimes very considerably lessens the size and hardness of cancerous tumors, and will frequently disperse tumors in the breast and other parts that at least bear great resemblance to cancer. The size of a nut of the ointment may be rubbed into the tumor twice a-day ; but after being used for several weeks, its use should be discontinued for a week or two, and then be again resumed. Leeches have been sometimes recommended, but in all probability after a little present relief they only increase the malady. Tonic medicines, and those which strengthen while they have the power of exciting a new and salutary action in the diseased part, are those which should be employed, as debilitating measures increase the disease. Alterative pills, such as No. 1, may be taken every night, or every other night, while the ointment just described is applied during the day ; and on the days and nights when the alterative pills are omitted, the strengthening pills, No. 8, may be taken ; or the strengthening pills may be taken every day, and the alterative pills every night ; or the following will be found a very useful pill in this disease. Take of sub-oxxyphosphate of iron, two drachms ; ipecacuanha, in powder, eight grains ; aloes, in powder, three grains ; mucilage of gum Arabic, a sufficient quantity to mix the whole. Divide into thirty pills, taking first one, and then two thrice a-day.

The following tonic draught, slightly altered from the form prescribed by Sir Astley Cooper, has been strongly recommended. Take of compound infusion of gentian, an ounce and a half ; tincture of Columba, a drachm ; carbonate of ammonia, five grains ; carbonate of soda, half a drachm. Hemlock is recommended ; but the careful hand of the chemist or apothecary should be employed in its preparation. The extract of hemlock, prepared in vacuo, is serviceable for persons advanced in years who are attacked with cancer. Four or five grains of the

extract may be made into a pill, with a little powder of hemlock, and taken three or four times a-day, and the dose may be gradually increased to two, or even three pills thrice each day. Arsenic is sometimes given in this disease, but it is too potent an agent to be trusted in unskilful hands.

When the cancer has broken, the internal treatment is the same as that just recommended to be pursued while the tumors remained unbroken.

The external remedies must be powerful and active. Take half an ounce, each fresh gathered, of crow's-foot and dog's-fennel; white arsenic, a drachm; flowers of sulphur, five scruples. Bruise the crow's-foot and dog's-fennel together, then add the others, and beat the whole into a paste; form it into balls, and dry them in the sun. These must be powdered for use, and mixed with the yolk of an egg: it must be spread on a piece of bladder, applied to the ulcer, and suffered to remain on till the part which it destroys separates spontaneously; then another plaster is to be applied in the same way, repeating this process till the whole of the diseased surface is brought away, when a common healing salve, such as Turner's cerate, may be applied. This is what is called Plunkett's powder, and caution is required in its use.

A milder remedy is arseniate of iron, a scruple of which may be mixed with the white of an egg, and applied to the ulcer by means of a camel's-hair pencil; the application to be renewed when the slough separates. Chloride of zinc is also used in the same manner: occasional poultices to bring away the discharge are always proper. Hydriodate of potash is very serviceable to mitigate the pain and improve the discharge: half a drachm may be mixed with a little simple syrup, and a portion laid over the ulcer twice a-day.

Batley's solution of opium, and the muriate or acetate of morphia, will be found excellent when the pain is so severe as to make opiates indispensable: twenty-five drops are sufficient for the first dose, but it is generally requisite to increase the dose, and its limitation must be regulated by its effects, incredibly large doses having sometimes become requisite.

Everything that will keep up the strength and spirits must be employed: animal food once a-day; eggs, milk,

and other light nutritious food, with a little mild malt liquor, or white wine, will be proper in most cases. Sir Astley Cooper protests strongly against a low diet in these cases. The knife should never be resorted to *after the tumors have become painful*, as an operation would only increase the patient's suffering, and probably shorten life.

The attention of persons in the country is particularly called to this, for a contrary practice is still pursued at a distance from the metropolis; though it is very questionable if an operation ever exterminated a real cancer, except in the very earliest stages, and in elderly people, and not sufficiently often even then to justify its adoption.

CATARRH, OR COLD AND INFLUENZA.

Catarrh presents itself under two forms,—common cold, and influenza: the first is caused by the operation of cold or damp on the body, the other by contagion.

The symptoms of common catarrh are, a sense of heaviness in the head and eyes, which are weak and watery; oppression of the chest, feverishness, impeded respiration, and a stoppage of the nose. There are few persons who have not skill enough to detect the symptoms of a recent cold. Influenza in general is sudden in its attacks, and may be distinguished from common cold by the severity of its symptoms. The attacks are more generally made on the middle aged than either the very young or old, and the strong and robust are most severely affected by it. The fever attending influenza is extremely depressing, and its effects on the nervous energies continue for weeks, or even months, after the first severity of the attack has ceased. Patients subject to pulmonic complaints suffer much when they are attacked by it; but cases of real danger are very few, and the violence of the disease often abates in a day or two. Influenza often makes its appearance in autumn, but it is not confined to one season of the year: it is generally considered as a decided epidemic.

In order to escape colds, persons should as much as possible avoid all sudden transitions of temperature. When over-heated, they should not endeavour to cool themselves too quickly by throwing off clothing, or suddenly sitting

still in comparatively cold situations, but cease their exercise gradually, and avoid currents of cold air, however grateful to the feelings. In the same way, after exposure to the external cold of winter, they should not at once go into a heated room, if it can be avoided, or at least for a considerable time to keep a good distance from the fire, so that they may acquire heat gradually,—on the same principle that when a limb or any part is what is termed frostbitten, it should be rubbed with snow, and no bad consequences will ensue ; while on the other hand, if it be suddenly brought to the fire, mortification will immediately follow. It is always safe to adopt the general rule, “that when the whole body, or any part of it is chilled, bring it to its natural feeling, and by degrees,” and that rather by friction than by the heat of the fire.

The remedies for a common cold are, a little repose in a moderately warm atmosphere, diluting but not hot drinks, abstaining from animal food and fermented liquors, &c., with a little gruel or whey at bed-time. When a whole day can be spared to be spent in a bed-chamber kept at a moderate temperature, it will mostly subdue a recent cold ; but if the attack be severe, four grains of James’s powder may be either taken alone, or with the addition of half a grain of calomel, and a little aperient medicine in the morning, such as No. 13 or 14 of the prescriptions.

If the cold is attended with a troublesome cough, four grains of compound powder of ipecacuanha may be taken at night on going to bed : when the cold is very severe, more active purgatives, or even bleeding, may be resorted to. In *influenza*, these severe measures are rarely needed. The means just recommended for a common cold must be first tried, keeping the bowels open, and sustaining a gentle perspiration as far as possible : in severe oppression of the chest an emetic may be tried, and a mustard poultice applied. When the cough is troublesome, take of ipecacuanha, in powder, four grains ; oxymel of squills, two drachms ; sweet spirit of nitre, one drachm ; spearmint water, two ounces and a half ; syrup of orange-peel, one drachm : half a table-spoonful may be taken four or five times in the day and night. Mild and nourishing diet is proper, unless the fever is very high ; then prette full doses of James’s powder, or tartar emetic, are thy best remedies. When severe hiccup occurs, which is

sometimes the case in influenza, a mustard poultice placed on the pit of the stomach will give relief.

For the weakness left behind by influenza, the free use of Peruvian bark is recommended; and, when possible, change of air, gentle exercise, and cold bathing are also highly useful.

Persons should by no means neglect colds, thinking them of but little consequence, for some of the most intractable diseases have thus been induced. Delicate persons, who are subject to repeated colds, should endeavour by regimen and medicine to invigorate their habit, and by constantly exposing themselves to the external air render themselves impervious to its attack. Strong persons, subject to frequent colds, may preserve themselves by temperance, exercise, the free use of cold water internally and externally, and the daily use of the flesh-brush.

CHOLERA MORBUS.

This consists of a violent vomiting and purging, which are often of a dangerous nature: its symptoms are nausea, pain, and distension of the stomach and bowels, succeeded by violent and frequent vomiting and purging, with agony of the intestines and abdomen; distressing thirst and heat, followed by cold sweats, great anxiety, and restlessness; excruciating spasms of the legs, arms, chest, and abdomen, with faintings and sometimes general convulsions.

This disease generally makes its attack suddenly. The distinctive manifestations of *malignant cholera* are collapsed countenance, blue lips and nails, shrunken figure, total failure of the usual secretions, deficient animal heat, and suspension of the pulse and stagnation of the blood.

In this country the disease is commonly caused by suppressed perspiration, particularly by damp to the feet; indigestible or unripe fruit, such as apples, cucumbers, melons, &c. It prevails generally at the beginning of autumn, particularly when rain follows heat. When vomiting and purging are absent, it is only to be distinguished from colic by the intense anxiety accompanying this disease, and by spasms of the extremities.

Remedies.—In slight cases mild diluting drinks, such as chicken broth, barley or toast and water, made with thoroughly toasted bread, and the like. The toast-water

may be made with toasted oat-bread, boiled in the water, which will be retained when everything else is rejected. After the stomach and bowels are cleared, the effervescing mixture, No. 18, may be given, and repeated doses of forty or fifty drops of laudanum should follow in order to subdue the spasmodic action: this quantity may be repeated every hour, in the saline draught just recommended, or in the spearmint-water; or a grain and a half of solid opium may be given as a pill, with or without three or four grains of antimonial powder. A grain of opium may be given, combined with a grain of calomel, every two hours or oftener, till the symptoms abate: this is a powerful remedy. Solid opium generally suits best in all cases of cholera.

When nothing taken by the mouth can be retained, opium should be rubbed into the pit of the stomach.

Magnesia has been highly extolled in this disease. Two drachms and a half or three drachms may be given in water, and repeated two or three times, if necessary.

COLIC.

This appellation is commonly given to all severe griping pains in the abdomen, not primarily depending on inflammation. It is variously denominated, from its different circumstances and causes. When its principal symptoms are sharp and spasmodic pains, it is called *spasmodic colic*; and when with the pain there is vomiting of bile, it is termed *bilious colic*; if flatulency causes the pain, that is, if there be temporary distension, relieved by the discharge of wind, it takes the name of *windy colic*; when accompanied with heat and a degree of inflammation, it takes the name of *inflammatory colic*; when it is caused by indigestible food, it is called *accidental colic*. When colic arises to a violent height, and is attended with obstinate costiveness, and evacuation of fæces by the mouth, it is called *iliac passion*.

Spasmodic colic occurs in highly nervous and hysterical constitutions: it is attended with pain about the navel, which pain goes and returns, and is relieved by stimulating fomentations, warm clysters and carminatives, especially the compound spirit of sulphuric ether, with camphor. If these do not remove the spasms, small

doses of opium must be resorted to, which is an almost infallible remedy.

In *bilious colic* the pain is seldom so continued or severe as in the purely spasmodic species; it is generally transient, and is accompanied by constipation, nausea, and vomiting; and great relief is afforded by pressure on the abdomen. The remedies are active purgatives and the use of fomentations.

The flatulent or Windy Colic is often produced by crude fruits, depressing passions of the mind, or by long fasting: women advanced in life are frequently subject to it, and in such it is easily produced by flatulent vegetables, such as spinach and the like; slops, weak tea, gruel, &c., are exciting causes. It is mostly accompanied by great costiveness; but it is not often that inflammation, at least in the commencement, is to be apprehended; for which reason warm carminatives, or even brandy, may be had recourse to. A full dose of tincture of rhubarb is however a safer and better remedy, or the pill, No. 7, omitting the sulphate of quinine. Fomentations, the warm bath, or warm embrocations, will be found of use.

The Accidental Colic, caused by indigestible food, poisons, &c., is distinguished by pains about the navel, costiveness, and perhaps vomiting, which latter relieves the disease by clearing the stomach of the offensive matter. Salted meats, pork, salmon, and what is called *high game* or venison, and rich gravies, frequently cause this disease. An emetic, when nature does not so act, will generally entirely remove this: mild aperients may be taken afterwards. It is extremely important to distinguish colic from inflammation. The colic may be known by the spasmodic contraction of the muscles of the abdomen; by the absence or trifling degree of fever; by the pulse being but little affected; and by the ease with which the patient submits to pressure, which, as we have already stated, frequently affords relief.

There is a peculiar colic called the *Painter's Colic*, which is invariably caused by the poison of lead received into the system from exposure to its fumes, or from taking it internally, as is sometimes done by persons who inadvertently drink bad cyder or wine. In this colic the use of large doses of opium should be the first thing resorted to, in order to relieve the spasmodic pain. Sixty

drops may be given in a little cinnamon water, and be repeated in two hours if relief is not obtained. When the spasms relax, purgatives should be administered. Large doses of castor oil is the best form. If the pain returns, opium should be again given, and afterwards opening medicine, and so on till the disease is entirely subdued. A palsied state of the wrists and arms is frequently occasioned by the poison of lead. For the removal of this, nitrate of silver, or small doses of calomel, appear the best remedies. Nitrate of silver may be taken in a dose of two or three grains, made into a pill, with a little bread-crumbs and mucilage: this may be repeated two or three times a-day, and will sometimes cure cases of considerable duration.

Persons subject to colic should be particularly attentive to their diet, and to the regulation of their bowels, avoiding cold, indigestible, or undressed vegetables. Painters, plumbers, and others exposed to the fumes of lead, should practise the greatest cleanliness, and always wash their hands and faces before taking a meal, and, if possible, throw off their dirty clothes after leaving work. These precautions would generally preserve them from the poisonous effects of lead.

CONSUMPTION.

This far-spread but by no means incurable malady has been calculated to carry off prematurely one-fourth of the inhabitants of Europe; and in England above fifty-five thousand are supposed to fall annual victims to its attacks. But although diseases of the lungs are thus frequent, it is by no means uncommon to confound them with diseases of the heart.

The causes that produce this disease are extremely numerous. Some are hereditary or constitutional, and are beyond our power to avoid; but there are many other and active causes that by prudence we may guard against; among these may be classed violent indulgence of grief, anxiety, or other strong passions of the mind. Intense study, sedentary employment without proper exercise, are often involuntary causes; while free and irregular living, drinking to excess, keeping late hours, and dissipation generally, though easily avoided, yet

kill their thousands annually. There are other exciting causes, such as continuing to suckle too long when debilitated, cold acquired by a sudden change of apparel, keeping on wet clothes, lying in damp beds, several mechanical employments, and, in fact, any cause that too suddenly checks perspiration.

The disease consists of a general emaciation of the body, with great debility, and commonly cough, attended with hectic fever, and most frequently purulent expectoration.

Consumption makes its approaches so insidiously as often to have made great progress before its presence is even suspected. The patient is only at first perhaps sensible of an unusual languor, and his breath is somewhat shorter, the respirations being rather increased in number: he has a slight but troublesome cough, and if he makes a deep inspiration, he feels some degree of uneasiness in his chest. Gradually all these symptoms increase, the pulse becomes quicker, particularly towards evening, he perspires more than usual at night, and if he do not cough during the night, generally has a rather severe fit of coughing in the morning, and instead of rising refreshed he feels relaxed and enfeebled.

When he has passed this first stage, which continues for a longer or shorter period, the patient coughs frequently, and expectorates a purulent mucus, occasionally tinged with blood; it is of various consistences and colours, sometimes greenish, livid, deep black, or yellowish-white, and may be fetid, or without smell; it may be scanty in quantity, or in some instances there is no expectoration at all, according to the character of the disease. As the disease progresses, that uneasiness at the chest, which was perceived on making a deep inspiration, becomes permanent, and is attended with a sense of weight, and the patient can commonly lie only on one side. The strength rapidly declines, the pulse is very quick, reaching to a hundred and twenty or thirty, the teeth become transparent, the fingers are shrunk, and their joints prominent, the nails bend inwards, the hair falls off, the nose is sharp, the eyes sunk, but bright. There is one extraordinary symptom of this complaint: those who labour under it are generally quite unconscious of their dangerous state, and keep in excellent spirits throughout its

course ; and even when the nature of the malady has been freely communicated to them they never believe their end is near at hand.

This disease is divided into three species, viz.,—the catarrhal, the apostematous, and the tubercular consumption.

The *remedies* found most useful in catarrhal consumption are turpentine, balsam of capivi, myrrh, Iceland moss, and tar fumigation. Godbold's balsam may be taken to the extent of a dessert-spoonful three or four times a-day, for a fortnight, and if applicable to the case will by that time have produced good effects. Thirty or forty drops of capivi balsam may be taken on sugar three times a-day, and the dose be gradually increased to sixty drops ; or if it produces sickness, it may be taken in a little cinnamon or pennyroyal water, adding a few drops of spirit of wine ; should it be too purgative, add a few drops of pargoric elixir to the dose. Sir Alexander Crichton recommends the following method : Take of capivi balsam, two drachms ; tolu balsam, one drachm and a half ; mucilage of gum Arabic, half an ounce ; best honey, two ounces ; tincture of opium, half a drachm ; syrup of tolu, two drachms : mix, and take a tea-spoonful three times a-day.

Thirty drops of the oil of turpentine may be taken two or three times a-day in yolk of egg and water, or in gum-water.

Vapour of boiling tar is in great estimation at present, but it must never be administered when there is the slightest appearance of spitting of blood, nor when the pulse is hard and full, the skin hot and dry, and the expectoration scanty. When tar is used, it should be that employed in the cordage of ships ; to each pound of which half an ounce of subcarbonate of potash must be added ; it is then to be placed in a vessel over a lamp, and kept slowly boiling in the chamber night and day, the vessel being cleansed and replenished every twenty-four hours, or the burning of the residuum at the bottom will occasion increased cough.

In the early stages of this disease, meadow-saffron, in doses of from six to ten drops, may be taken three times a-day with great advantage.

Iceland or Carragheen moss is often a valuable remedy

particularly when the disease follows measles or whooping-cough. Directions for making it are sold with the moss at the chemists, and too much can scarcely be taken. The Iceland moss is the best, but its bitterness is often objected to. Among the most simple remedies may be named decoctions of coltsfoot, lungs-of-oak, ground ivy, and cinquefoil, the latter of which is often highly beneficial if persevered in.

Apostematous Consumption generally attacks young persons of a florid complexion and blooming appearance, and is often extremely rapid in its progress, by which it has acquired the vulgar appellation of "galloping consumption." The best means of arresting the progress of this disease consists in the administration of the following *remedies*: Ipecacuanha, digitalis, acids, charcoal, emetics, and myrrh. Blood-letting, a spare diet, and the inhalation of certain gases, are also resorted to. When the attack of this species of consumption is violent, and the symptoms pressing, blood-letting from the arm, to the amount of six or eight ounces, must be resorted to; and sometimes in urgent cases the operation must be repeated twice or thrice; but in no other cases of consumption is bleeding admissible. In order to check the spitting of blood and reduce the vascular action, take of ipecacuanha wine, one or two drachms; sulphate of soda, one drachm; infusion of Angustura bark, ten drachms: this mixture to be taken as a draught three times a-day.

In this kind of consumption acids are valuable medicines, particularly the acetic, citric, and other vegetable acids, as they diminish action, restrain the spitting of blood, and check night sweats. Persons have been known to recover, when far gone, by subsisting alone on lemon-juice or buttermilk. A good method is, to take of acetic acid four drachms; infusion of cascarilla, seven drachms; syrup of marsh-mallows, one drachm; mixed as a draught, and taken three or four times a-day. In the advanced periods of this disease, elixir of vitriol, from twenty to forty drops, in a glass of water, may be taken three or four times a-day.

In the latter periods of this disease, when there is an open abscess in the lungs, twenty or thirty grains of myrrh may be given twice a-day, combined with six grains of nitrate of potash, or ten grains of cream of tartar.

The vapour of ether may be inhaled with advantage by heating a large tea-pot by scalding it well with boiling water, and directly the water is poured off, a tea-spoonful of ether may be thrown in, the lid put close down, and the vapour inhaled from the spout into the mouth.

In this species of consumption the diet should be very light. When at the commencement there is a good deal of spitting of blood and increased vascular action, the food should consist wholly of milk and farinaceous decoctions: buttermilk is an excellent article of food. The decoction of Iceland moss, for a change, or snail-juice mixed with milk, or made into a custard, may be resorted to.

In *Tuberculous Consumption* the cough is short and tickling, with an excretion of a thin and watery or whey-like discharge, sometimes with a reddish tint; but spitting of blood is seldom present. There is but slight, if any pain in the chest, but flesh is soon lost, as is the strength. A difficulty of breathing only occurs on making an exertion, and the spirits are generally elated. The disease is caused by small hard tumors, of a light colour, situated in the cellular substance of the lungs. This species is generally insidious in its commencement, and attacks chiefly those of a pallid scrofulous habit.

The *remedies* for tubercular consumption on which the greatest reliance can be placed, are preparations of steel, combined with myrrh and other tonics. Dr. Griffiths recommends the following form: Take of myrrh in powder, one drachm; subcarbonate of potash, twenty-five grains; rose-water, seven ounces and a half; sulphate of iron, a scruple; spirit of nutmeg, four drachms; white sugar, one drachm: mix, and take three or four table-spoonfuls thrice a-day; or it may be taken in pills, as follows: take of myrrh, in powder, two drachms; sulphate of iron, one scruple; subcarbonate of potash, one drachm; extract of gentian, one drachm and a half; with a sufficient quantity to mix the whole into a mass: divide into sixty pills, and take two or three twice a-day. In the earlier stages much benefit may be obtained by residing in a pure and bracing air, and adopting a nutritious diet, to invigorate the system. Chalybeate waters are useful, and so are the barks. Light animal food, and even a little wine, where the strength is much reduced, are proper, the object being to nourish but not to stimulate. Rice, with

all kinds of milk and fresh eggs, are good in all species of consumption: the more advanced stages of the disease require a much freer diet than may be used at the beginning.

The pains in the chest, cough, and night sweats attendant on all kinds of the disease, are frequently relieved by blisters or issues; and for the pain and cough Dr. Paris recommends the following: Take of hard soap, one ounce; lead plaster, two drachms; muriate of ammonia, in powder, half a drachm: mix, and spread a plaster on leather, apply it to the chest immediately, and renew it once in twenty-four hours.

As a palliative for the cough, the following draught may be taken: Extract of hemlock and of henbane, of each five grains; mucilage of gum Arabic, two drachms: rub these well together till they are completely incorporated, then add of acetated liquor of ammonia and pure water, each half an ounce; syrup, one drachm: mix, and take every four hours.

Thirty or forty drops of diluted vitriolic acid may be given at bed-time, in a little water, to check the night sweats, or, if it fail, five or six grains of the compound powder of ipecacuanha will generally succeed.

COUGH.

Common cough, caused mostly by cold, or damp feet, is soonest relieved by mild mucilaginous medicines, and by those means which promote insensible perspiration. Two or three grains of the compound powder of ipecacuanha may be taken as a pill twice or thrice a-day, or a good cough mixture may be made as follows:—Take honey and treacle, of each four ounces, and five ounces of vinegar; mix and simmer them for fifteen minutes in a common pipkin over a slow fire; turn it out, and when cold add a dessert-spoonful of paretoric elixir, or of ipecacuanha wine. A table-spoonful may be taken four or five times a-day. The bowels should always be kept open during a cough. Should the cough become chronic, the pills No. 8 or 12 may be taken.

In the *Dry or latent Cough*, opium in very small doses will be found useful. A tea-spoonful of syrup of poppies may be taken three or four times a-day; or two grains of

compound ipecacuanha may be given as a pill thrice a-day; or the pill No. 1 may be taken every night, or alternate night, for a month: cold bathing may also be resorted to.

The symptoms of a *Stomach Cough* are weakness of that viscus, and a disordered state of the digestive organs. The pill No. 1, or three grains of mercurial pill, and two of hemlock, may be taken every night.

DIARRHŒA OR LOOSENESS

Consists of the too frequently passing the fæces or contents of the great intestines, preceded by a little griping pain, and without fever.

As a *remedy*, ipecacuanha is the most to be relied on. Dr. Fordyce recommended a union of ipecacunha, with tormentil root, in the following form. Take of ipecacuanha, in powder, three-fourths of a grain, or a grain; tormentil root, in powder, a drachm; to be mixed with dill, or common water, and taken three or four times a-day: or the following combination of ipecacuanha with simarouba bark will be found a powerful remedy. Take of ipecacuanha powder, three-fourths of a grain; infusion of simarouba bark, one ounce; mix for a draught: to be taken three times a-day. A warm bath, at ninety-seven or ninety-eight degrees may be used, employing afterwards a flannel roller round the abdomen for a few days, which however must be laid aside gradually.

In *bilious Diarrhœa*, a little calomel may safely be resorted to; two or three grains, made into a pill or pills, with eight grains of rhubarb; or it may be taken in a little honey or jelly, drinking freely after it of mild diluting drinks, such as gruel made of Embden groats, sago, linseed tea, &c. The calomel and rhubarb should be taken for two or three days, and then the compound powder of ipecacuanha may be resorted to. In that species of diarrhœa where the food is almost immediately discharged without undergoing any material change, the first object should be to give energy to the digestive organs by the use of tonics, such as the infusion of *Columba*, with nitric acid and opium; or rhubarb, with ipecacuanha and ginger.

DROPSY

Is defined as a preternatural collection of serous or watery fluid in the cellular substance or cavities of the body. Dropsy is produced by many causes, and receives different appellations, according to its seat. Its principal distinctions are—1. Dropsy of the cellular membrane, appearing on the surface of the body under the skin; this is called *Anasarca*; 2. Dropsy of the belly, the fluid being contained in the cavity of the abdomen: this is called *Ascites*; 3. Dropsy in the chest, called *Hydrothorax*; and 4. Dropsy in the head.

Dropsy is generally the result of those causes which usually produce debility; such as long continued fevers, or other diseases; excessive use of ardent spirits, great loss of blood, or neglected indigestion. Diseases of the heart, digestive canal, and liver, frequently terminate in dropsy.

The *remedies* will vary according to the seat of the disease. In anasarca, the first efforts must be made to remove the exciting cause as soon as it can be ascertained; next, to unload the system of the weight it sustains, and then re-establish the health.

If the dropsy has originated in habits of intemperance, exposure to a cold or moist atmosphere, unwholesome food, &c.; to correct these must be the first effort. When this is done, we must endeavour to remove the fluid by purgatives and diuretic medicines, by scarifications, &c. Where the strength is not very much reduced, you may take of elaterium, six grains; calomel, six grains; rub these carefully together, and then form them into twelve pills, with a sufficiency of the extract of gentian for that purpose: commence early in the morning, and take one of these every hour, till they begin to operate, when they are to be discontinued. During their operation, the patient may take some strong beef-tea and bread, with a little wine to support his strength. Cream of tartar will often perform a radical cure: an ounce of it, with ten grains of ginger, may be taken every three hours till it operates freely; or half an ounce of the tartar, combined with two grains of gamboge, may be given in the same manner.

Cream of tartar may be made into a pleasant drink by pouring on an ounce of it a large quantity of boiling

water. This should be taken as the common beverage. Bacher's pill, once so much celebrated, is made thus:—Take of extract of hellebore, half a drachm; myrrh, in powder, carduus benedictus, in powder, of each eleven grains; mix, and divide into seventy pills, five of which are to be taken every six hours till they operate well on the bowels. From a drachm to half an ounce of the expressed juice of the inner bark of the common elder may be taken every three or four hours till it operates freely both by stool and urine, and it is often very successful.

In giving purgative medicines, it is important to ascertain whether the patient be easy or hard to purge; if the former, the milder purgatives will answer best—such as the syrup of buckthorn, two ounces of which may be given every day before dinner, only omitting it occasionally should the patient appear particularly weak. For such as are difficult to purge, the strong drastic cathartics, such as elaterium, black hellebore, &c., will be indispensably necessary. Squill is an excellent diuretic, and may be administered after the following form:—

Take of dried squill, in powder, three grains; opium, in powder, half a grain; cinnamon bark, in powder, ten grains; mix for a powder, which may be taken in any palatable liquid three or four times during the day and night.

In case of any internal obstruction, the following may be taken:—Compound squill pill, one drachm; calomel, six grains; mix them well together, and divide into twelve pills; two to be taken every night, or twice a-day.

In mixing pills in which active agents are employed, such as calomel, gamboge, &c., the greatest care must be taken that they are completely and equally mixed, or it is obvious that serious inconvenience, if not danger, will be incurred. For a dropsy that attacked an aged lady, the following was found completely successful:—Five grains of compound squill pill and one grain of calomel were made into a pill, and given every night, and one of the following three times a-day: tartarized iron, two scruples; ipecacuanha, in powder, ten grains; squill, in powder, eight grains; extract of gentian, a sufficient quantity to make the whole into ten pills.

Friction over the feet and legs was employed twice daily, and the diet was nutritious, but light: though her

case was considered hopeless when undertaken, she recovered in about a month.

Where dropsy has been superinduced by general debility, take of subcarbonate of potash, ten grains ; compound infusion of gentian, an ounce and a half ; compound spirit of ether, half a drachm ; tincture of cinnamon, half a drachm ; mix for a draught : to be taken twice a-day.

Broom seed is much recommended ; it may be used thus :—Take of broom seed, well powdered and sifted, one drachm ; let it stand twelve hours in a glass of good white wine, and take it in the morning fasting, having first shaken it, so that the whole may be swallowed. If the patient be able, let him walk ; if not, use what exercise is possible for an hour and a half ; then take an ounce of olive oil. Nothing must be eaten or drank for an hour after taking the oil. This is to be repeated every other day, or once in three days, till it effects a cure.

In all dropsical cases the diet ought to be nourishing and light of digestion. Pungent aromatic vegetables may also be partaken of freely. We have already recommended cream of tartar for drink, which may be taken freely ; as may buttermilk, cyder, or cyder and water.

When the water has been evacuated, it will be requisite to invigorate the constitution by the use of tonics, exercise, change of air, and the cold-bath.

When active purgatives are employed in this disease, it must be borne in mind that debility is the great source of the complaint ; therefore, when purgative medicines do not diminish the bulk they will add to the complaint by increasing the weakness ; they must therefore be abandoned, and other means resorted to. Besides those recommended above, two scruples of compound ipecacuanha powder may be taken at bed-time for three successive nights, with good effect.

Dropsy of the Abdomen frequently commences with loss of appetite, sluggishness, dryness of the skin, oppression of the chest, cough, diminished urine, costiveness, &c. Shortly after, the belly enlarges, becomes swelled and tense, and in a small degree elastic, and it generally extends to the legs and feet in a short period.

The *treatment* of this species of dropsy is exactly similar to the last, except that in place of scarifying, the water must be drawn off by tapping, which can only be per-

formed by a regular practitioner, and should be resorted to if the other remedies fail.

Dropsy of the Chest commences with a difficulty of breathing on any exertion, or on lying down. There is generally a troublesome cough, and the ankles swell towards evening. There is a sense of oppression at the chest; a pale or livid and peculiarly anxious countenance; the urine is high-coloured and opaque; palpitation of the heart exists, with an irregular pulse; the sleep is disturbed by frightful dreams, the patient starting from his bed, with a dreadful sense of suffocation. The arms and legs generally are affected by dropsical swellings.

The *remedies* in this case are similar to those already enumerated.

The squill is peculiarly advantageous in this case, which with blisters appear to give great relief in this kind of dropsy. To procure rest, five or six grains of compound powder of ipecacuanha, combined with a grain of calomel, may be taken as a pill at bed-time.

As a relief for the extreme debility that sometimes attends this disease, the following has been recommended:—Take of myrrh, in powder, ten grains; sweet spirit of nitre, one drachm; infusion of roses, fourteen drachms; syrup of roses, one drachm. Mix for a draught, to be taken four times a-day. As a last resort, the inhalation of oxygen gas should be tried: it has been used with complete success in some extreme cases. It may be procured from the manufacturing chemists.

Dropsy of the Head is a chronic disease of children, quite distinct from water on the brain. It is a disease of debility, and the cure must depend on alterative remedies. Small doses of the pill, No. 1, are proper, with cold lotions twice a-day.

Full directions for treating the diseases of children will be found in the “Mother’s Medical Adviser.”

“ DYSENTERY.

This disease commonly commences with shivering, which is followed by heat and thirst: sometimes the affection of the bowels is the first symptom. There is always flatulence and severe griping of the bowels, frequent in

clination to go to stool, with great straining, while nothing passes; the appetite fails; there is nausea and vomiting, and a frequent discharge of a peculiar fetid matter by stool, commonly mixed with blood. Emaciation and debility is soon produced. The urine is scanty and of a high colour. The fever accompanying this disease is sometimes inflammatory or typhoid, in which case the complaint is dangerous and highly contagious. It occurs most frequently in summer and autumn, and weakly ill-fed persons of intemperate habits are most liable to be attacked by it.

There are two forms of this disease, the acute and chronic.

The *treatment* necessary in acute dysentery is to aim to arrest the inflammation, subdue the irritation, and restore a healthy secretion from the skin.

As *remedies*, we should commence by giving a full dose of the mixture, No. 13, to clear the bowels, and also six grains of Dover's powder and one grain of calomel, made into two pills, thrice a-day, injecting from thirty to sixty drops of laudanum, with three ounces of olive oil, or of thin warm starch, as a clyster to allay the irritation, and a warm bath at 98 degrees, may be used in the evening. The mixture must be repeated every morning, and the other remedies used for a week, until the acute symptoms give way. If the pain and tenderness of the abdomen are severe, with a full and hard pulse, bleeding must be directly resorted to; sixteen or twenty ounces of blood may be taken from the arm, and repeated if the inflammatory symptoms continue. Leeches may be applied to the lower part of the belly with good effect. A large blister may be laid over the abdomen after bleeding, and a broad roll of warm flannel should be worn over the bowels. When decided bilious symptoms appear, two grains of calomel, combined with fifteen of rhubarb, may be given on the alternate mornings, then omitting the mixture.

One of the most powerful remedies in this disease is ipecacuanha: a grain and a half, or two grains of it, in powder, combined with the third of a grain of powdered opium, are to be made into a pill with an aromatic confection, and taken three times a-day; or a grain of calomel, and four grains of Dover's powder, may be made into a pill, and administered in the same manner.

The diet should be regulated so as to support the strength, with as little irritation as possible. It should therefore consist chiefly of rice, sago, arrow-root, gruel, baked flour, and similar articles. As the disease advances, if much weakness takes place, jellies and broths with bread may be added. If there be no inflammation and much debility, a little wine and water, with mucilage, may be allowed: the drinks should always be luke-warm.

During recovery the appetite increases before the digestive organs recover their tone; therefore great caution must be used not to take more than a very moderate quantity of food, or a severe relapse will be sure to take place.

During this disease the patient should observe to keep in a recumbent position, with perfect rest, and not give way to the frequent inclinations to stool; and when stools are passed, they should be removed from the chamber immediately, and vinegar should frequently be sprinkled in the room, or pastils burnt. In malignant dysentery, a tea-spoonful or two of concentrated chloride of lime, mixed with water, should be placed in the vessel into which the stools are received; this prevents the bad smell, and destroys infection: in bad cases, the chloride of lime should be sprinkled over the room twice a-day. The motions also should either be burnt or buried, as they are extremely apt to communicate the infection, even to animals.

To complete recovery, when other medicines are discontinued the following may be taken to restore the tone of the bowels:—Nitrous (not nitric) acid, a drachm; infusion of simarouba bark, eight ounces; tincture of opium, forty drops. Let one-fourth part be taken three times a-day.

Chronic Dysentery is that form of the disease which remains after acute inflammatory symptoms have subsided or been subdued. It is constantly accompanied with debility, and therefore every possible means must be resorted to in order to restore the strength. The treatment must be similar to the foregoing, and the following pills may be taken: calomel, ten grains; Turkey opium, in powder, six grains; ipecacuanha powder, twenty grains: let them be rubbed well together and formed into a mass with an aromatic confection; divide into ten pills: one

should be taken night and morning till the severity of the symptoms abate, when one every night will be sufficient.

If these do not succeed, take a grain of calomel and three or four grains of Dover's powder, made into a pill, with a little confection, twice or thrice a-day.

The diet, in this species of dysentery, must be light, and chiefly farinaceous. Mutton broth may be taken, and rice, sago, arrow-root, oatmeal gruel, and boiled milk. Flour and milk, well boiled together, seasoned with a little sugar and spice, is generally relished, and is an excellent diet. A flannel bandage should be worn round the bowels constantly, and the feet and legs kept warm by long woollen stockings.

EAR-ACHE

Is sometimes caused by disorder of the digestive organs, and depends often on a natural weakness of the organ, which, on exposure to cold, produces this disagreeable pain. A little cotton should be worn loosely in the ear as a protection. When it is connected with chronic ulceration, either internal or external, injections of warm soap and water are advisable ; and when there is a constant fetid discharge, a drop or two of the following may be put into the ear with a little cotton: Take of ox-gall, two drachms ; balsam of Peru, one drachm. A roasted onion applied warm is a safe and homely remedy.

As a preventive, persons should avoid currents of cold air, and wash well behind the ears with cold water on rising in the morning. Cold bathing is useful, as it improves the general health. When it proceeds from a carious tooth, that should be extracted.

EPILEPSY,

Vulgarly called *Falling Sickness*, consists of convulsions, returning at uncertain periods, and ending in coma or deep sleep.

As a *remedy*, take of ammoniate of copper, twenty grains ; form into a mass with bread-crumbs and mucilage of gum Arabic ; divide into forty pills. Begin with taking one of these three times a-day, and gradually increase till three pills are taken thrice each day.

An issue or seton near the spine should always be resorted to, particularly if there be a fulness of the blood-vessels of the head. See also "Mother's Medical Adviser."

ERYSIPELAS,

Or St. Anthony's fire, appears in the form of a red blotch, a little elevated. It is accompanied by a burning heat and a tingling pain. After some time blisters often rise on the skin, containing either a limpid or a yellowish fluid. When it assails the face and head it is most dangerous, because the inflammation in this case is liable to spread to the brain.

Whatever renders the body irritable predisposes to erysipelas.

Remedies.—As it is almost always connected with a deranged state of the stomach and bowels, free evacuations must be resorted to. In slight cases, as an emetic, one grain of emetic tartar, with fifteen grains of ipecacuanha powder, mixed in an ounce and a half of common water, may be given, and when it has well operated, a grain of calomel and ten grains of rhubarb as a powder, washed down by the black draught, every morning or every second morning, and the fever mixture, No. 18, may be given every four hours during the day.

Where there is great heat and extensive inflammation, blood-letting may be resorted to if the patient be not advanced in years, particularly when the disease severely attacks the head, and fourteen ounces of blood may be taken from the arm; but bleeding must be used with great caution; and in no case is the application of leeches or cupping desirable.

When the disease attacks persons of delicate constitutions, a strengthening mode of treatment must be adopted. When the bowels have been freely evacuated, three grains of sulphate of quinine may be taken every four hours, with three or four ounces of good sherry or Madeira wine; or a drachm of Peruvian bark, with three drops of muriatic acid, may be given every second or third hour, the diet at the same time being generous.

It is well in the early stages of this disease to wash the inflamed parts three or four times a-day with warm water. When the blisters break, the parts should be washed from

time to time with a decoction of elder-flowers and poppy-heads.

If the complaint has been produced by a wound or bruise, a bread-and-water poultice may be applied, moderately warm, and frequently renewed. See also "Mother's Medical Adviser."

FEVER.

Under this name is comprehended a very extensive and important class of diseases.

There are two distinct orders of fever beside the intermittent or ague; the one highly inflammatory, called *synochus*; the common fever; and the *nervous* or *typhus fever*. The symptoms of a mild attack of synochus are, loss of mental energy, lassitude, an uneasy restless sensation, quite peculiar to the febrile state; pain in the back, loins, and limbs; chilliness, although the temperature is high; short and quick breathing, with a weak pulse, sometimes quicker than usual; but after a time the pulse becomes fuller, stronger, and quicker than natural; increased heat of the skin; the mouth becomes dry and parched, the tongue covered with fur; thirst; derangement of the bowels; the skin dry and harsh; and the pain in the back and loins increase.

In severe synochus there is usually a great increase of sensibility, and strong light or noise is highly distressing. The expression of the countenance indicates suffering, without strength to support it: sleepiness and delirium are also present. The violence of this disease commonly continues from eight to ten days, or it may be protracted to fifteen, when a change takes place for life or death. The earliest sign of recovery is more tranquil sleep.

Remedies.—The common fevers of this country require little in the way of medicine. At the commencement the patient should remain in bed, and avoid everything stimulating.

Bilious or Gastric Fever originates in stomachic and intestinal irritation, and will continue for weeks before the patient is aware of its existence. The symptoms are, general uneasiness and restlessness; a feeling of wretchedness without any cause; a bad taste in the mouth; heat; pain or tenderness in the pit of the stomach, and redness

at the back part of the mouth. It is sometimes epidemic, and must be opposed by mild aperients, such as rhubarb and super-sulphate of potash, six or eight grains of each mixed; or mild saline medicines, sponging the body with tepid or cold water, and partaking of a light or fluid diet. Ten grains of calomel and thirty of James's powder may be made into ten pills, with conserve of roses; one to be taken night and morning.

Inflammatory Fever, or synochus, is known by its being attended with extreme burning heat. It may be distinguished from typhus by the strength and hardness of the pulse and the white fur of the tongue.

As *remedial means* in the commencement, from twelve to sixteen ounces of blood may be taken from the arm by a large orifice; and in young and vigorous patients, if the disease appears very little subdued, this bleeding may be repeated in three or four hours. In strong robust persons it may be proper to take twenty ounces of blood at once. If the stomach be irritable, a drachm or two of both Epsom and Glauber's salts may be given in a glass of soda water, taken while in a state of effervescence, and repeated occasionally to keep the body in a relaxed state.

After bleeding, the patient should take five grains of James's powder and half a grain of calomel, made into a pill, every four hours, washing the pill down with the following draught:—

Subcarbonate of potash, a scruple; cinnamon-water, two drachms; water, an ounce and a half; syrup of orange-peel, a drachm; mix, and add a table-spoonful of lemon-juice, or fifteen grains of citric acid, powdered, and drink it while effervescing.

The patient may drink freely of toast-water, or an excellent drink may be made by adding half an ounce of tartaric acid and two ounces of loaf sugar to a pint and a half of water.

During the first eight or ten days of the fever, if there be no sense of chilliness, affusion of cold water may be beneficially applied. Cold drink partially answers the same purpose. In all fevers the diet must be very simple.

Typhus Fever is a contagious disease, and is attended with but little increased temperature, but by great depression of the nervous power. The most prominent symptoms are, uneasiness in the stomach, nausea, giddi-

ness, lassitude, alternate heats and chills, with a sense of creeping in different parts of the body, pains in the head and back, thirst, vertigo, and great prostration of strength. This fever is also attended with profuse clammy perspiration, which is sometimes preceded by a hot dry skin.

Remedies.—The first thing to be attended to is free and sufficient ventilation, by throwing open the doors and windows, and fumigating the apartment with nitrous acid vapour, thus:—Put half an ounce of pure sulphuric acid into a glass or china cup, warm it over a candle, then place it on the table, and add from time to time a little nitre, letting the vapour that ascends spread through the room; or chloride of lime may be used. The furniture should, as much of it as possible, be removed from the room, and the bed-clothes be few and light; the sheets and body-linen be frequently changed, and put into water, to prevent their communicating the disorder. The stools and urine should also be removed directly, and the patient kept quiet. If the approach of the disorder is perceived, an emetic composed of one grain of tartar emetic, and fifteen grains of powder of ipecacuanha, mixed in a little water, working it off with plenty of weak gruel or warm water, will be very useful; but it must not be administered after any severe symptoms of debility appear; after this, mild aperients, such as the combination of Glauber's and Epsom salts, or the pills No. 2 may be taken, and one of these salts occasionally afterwards, to regulate the bowels. In the first stage, should the inflammatory symptoms run high, six or eight grains of rhubarb and eight grains of super-sulphate of potash may be given, or the aperient mixture, No. 13, every morning; but in the debilitated period the mildest aperients only should be used on alternate days, so as to prevent costiveness.

Affusion of cold water is a powerful remedy, proper to be used at the beginning of this disease, but not after the third or fourth day from the commencement. The method is to strip the patient, and let him be supported on a stool in a low wide tub, and then throw three or four gallons of cold water briskly over the head. This may be done about noon, and again at seven or eight o'clock in the evening: it often cuts short the fever, and produces sleep, but after the third day it would be dangerous, and sponging all over with cold water only should be used,

which cools and refreshes the patient without producing subsequent debility: beyond the eighth day, luke-warm water and vinegar must be used. When great debility is present, tonics must be resorted to cautiously, in small doses. As soon as symptoms of debility appear, ten drops of muriatic acid, with three or four drops of laudanum, may be given in an infusion of chamomile or Columba, every four or five hours, and the acid may be gradually increased to sixteen drops. From 15 to 20 grains of camphor may be given every night, made into a bolus with conserve of roses. If there are no symptoms of great excitement, one or two grains of sulphate of quinine, ten or twelve drops of muriatic acid, and two or three drops of laudanum, may be mixed in an ounce and a half of water, and taken every four hours.

If the weakness is extreme, a very little wine may be given, the quantity being increased as the strength flags, till a glass or two of old Port or Madeira be given three or four times a-day.

GOUT

Is characterized principally by pains in the joints, chiefly of the great toe, or sometimes of the feet and hands, returning at intervals with more or less swelling and redness of the skin, the functions of the stomach being mostly disturbed previous to the attack. Indolence, or a too free use of fermented liquors and animal food, are the principal exciting causes of this complaint. It is divided into three varieties,—the acute, chronic, and retrocedent.

The remedial treatment of acute gout must be divided into what is proper during the fit and what is requisite during the intervals.

When a patient subject to gout perceives the premonitory symptoms, he should take the following pill at night: one grain of calomel, one grain of James's or antimonial powder; compound extract of colocynth, three grains; with sufficient simple syrup to form a pill, and in the morning a dose of the common black draught; repeating the pill without the draught every night, or every other night, if the patient finds relief from it.

During the fit we must aim to clear the stomach and bowels by purgatives and diuretics, with a spare and diluting diet. At the commencement, the preceding pill

may be taken every night, as long as the stools are particularly offensive or discoloured.

Take of calcined magnesia, fifteen grains ; Epsom salts, a drachm and a half ; vinegar of meadow saffron, a drachm ; spearmint-water, an ounce and a half ; syrup of orange-peel, a drachm : mix for a draught ; to be taken every four or six hours. It will seldom be requisite to take it oftener than once or twice in the twenty-four hours, but it is indispensable that a sufficient action be kept up on the bowels during the whole fit ; and it will be necessary to continue this medicine till all inflammation is removed. To allay the pain, ten grains of crude Turkey opium, mixed with ten of James's powder, may be made into ten pills ; one or two of these may be taken at bed-time, and one may be taken every hour, or two hours afterwards, till they give relief ; or thirty or forty drops of Batley's solution of opium may be taken in soda-water or lemonade in the same manner.

Diet in this disease must be carefully attended to. Under very acute symptoms it must be wholly fluid and totally unstimulating, and in small quantity. During the fits acidulated drinks and acid matter must be avoided, as they always disagree during the operation of calomel purgative pills. The mixture, No. 14, will be particularly beneficial for the regulation of the bowels ; and for ordinary use, the pills No. 3 or 4 should be taken. Much calomel should be avoided. Friction and the bath, or Buxton waters, are useful, as are sponging the joints and lower extremities with luke-warm salt water.

In *retrocedent* gout, that is, when it suddenly quits the limbs and fixes on some internal organ, it is either spasmodic or inflammatory, and the parts generally affected are the stomach and intestines. If the attack be spasmodic, the muscles of the belly are rigidly contracted, and pressure affords relief ; but when it is inflammatory, the parts will not bear the slightest pressure. In delicate nervous subjects the attack is often spasmodic ; but in the corpulent or vigorous it is in general inflammatory. In the spasmodic attack, from five to ten grains of calomel may be given directly, with a clyster of olive oil and fifty drops of laudanum, or the laudanum may be added to thin starch, or gruel, and, if the stomach will retain it, the common black draught may be given.

When the attack occurs to a person of full habit, and there is reason to suppose it inflammatory, blood to the amount of sixteen or twenty ounces may be taken from the arm, and the operation repeated in a short time, if the pain does not abate; leeches may also be applied over the bowels, warm fomentations used, and a mustard-plaster applied to the feet. After the bleeding a blister should be applied near the part affected.

Gout in the head requires cupping, blisters, mustard-plasters, &c., to the feet, and the other remedies for the inflammatory kind, as this is generally its character.

GRAVEL AND STONE, OR RENAL CONCRETIONS.

The urine of those individuals who have a tendency to form lithic acid concretions continues for a great length of time to deposit lithic acid; but this, being accompanied by no very severe symptoms, often escapes observation, and the disease insidiously continues to gain ground daily. At the same time, a peculiar state of the system, accompanied by fever, and closely resembling the condition of the system in gout, comes on. The urine is now very much diminished in quantity, often almost suppressed, and its colour very deep; the sediments are unusually large, though occasionally they disappear altogether: it is under these circumstances that the renal calculus or stone is formed. During the above state there is commonly a sense of dull pain and weight in the region of the kidney, and just above the pubes; but after a few days they gradually subside, or perhaps terminate in an attack of gout. Sooner or later, after the above symptoms, the patient is seized at once, and perhaps without the least warning, with a most acute pain in the region of the kidney, accompanied by violent sickness and vomiting, which is of such an overwhelming nature as to paralyze the strongest individual. There is a frequent tendency to pass the urine, which is usually scanty, high-coloured, or bloody, voided with pain and difficulty, and not unfrequently serous, even when blood or gravel is absent. At length, during a violent retching, the patient experiences a sudden sensation, as if he were stabbed, and from that time his acute pain generally ceases, the stone having then suddenly slipped into the bladder.

The *treatment* of renal concretions must be considered under two heads—first, while they are quiescent in the kidney; and secondly, the treatment to be adopted to alleviate the acute symptoms they produce during their passage down the ureter.

When the concretions are of the lithic acid variety, cupping freely over the loins at the outset may be resorted to, and afterwards active purgatives, including calomel, in doses varying according to the strength and constitution of the patient, conjoined with alkaline and diuretic remedies, particularly the tartrate of potash, or tartarized soda.

When the concretion consists of oxalate of lime, or the white gravel, the warm-bath and sedatives may be often employed at the very commencement of the attack. A small quantity of a strong solution of the citrate of ammonia or of nitre may be made nearly boiling hot, and then add to it such a quantity of some effervescing water (such as the Malvern) as will make the mixture blood-warm. Much alleviation from pain is sometimes obtained by the free injection of warm water into the bowels; and afterwards, if necessary, repeated with the addition of sedatives.

The red gravel, caused by the lithic acid concretions, is by far the most frequent; and the best remedies for it are the alkalies and the alkaline carbonates, such as lime-water, Brandish's alkaline solution, the carbonate of potash or soda, and magnesia. These must be conjoined with alteratives and aperients, as the pills, Nos. 1 and 3.

Half a drachm of carbonate of potash or soda may be given in infusion of cascarilla or water once or twice a-day, with the alterative pill, No. 1; or four grains of Plummer's pill, No. 5; or three grains of blue pill may be taken every night, to be followed by a gentle aperient draught in the morning.

Magnesia is strongly recommended in cases of red gravel, either taken alone, in doses of ten grains, once or twice a-day; or six or eight grains of carbonate of soda may be combined with the magnesia; or ten grains of the latter may be dissolved in a draught of soda-water, which is an excellent way of administering it.

If the deposition of red gravel is accompanied with diarrhœa, lime-water will be an appropriate remedy.

The time when the urine is most acid, and alkalies most required, is about three or four hours after dinner. An alkali and an aperient may be combined with a gentle bitter tonic in the following way:—Carbonate of soda, ten grains; Epsom salts, a drachm; compound infusion of gentian, three table-spoonfuls; mix, and take as a draught three times a-day: when weakness of the stomach, costiveness, and red gravel are combined, it will be found very useful; the Epsom salts may be increased or diminished according to circumstances. In gravelly disorders more is to be effected by diet than by medicine. All acids and fat or heavy food must be carefully avoided. Toast or barley-water should be the common beverage. Blackberry jam, spread on bread, will be very beneficial, taken as a diet. Flannel should be constantly worn.

In cases of *white sand* or gravel, acid is the best medicine. The muriatic acid may be given in doses of from five to twenty drops, twice or thrice a-day, in four table-spoonfuls of water; and the nitric acid, in doses of from five to twelve drops, in the same quantity of water. Tonics, such as quinine, the bitter infusions, the decoction of the root of *pareira brava*, are useful—the latter particularly so in chronic inflammation of the bladder: it is prepared by simmering four ounces of the root in three pints of water till it is reduced one-third, and then strain: the dose is a small tea-cupful twice or thrice a-day: if they sit easy on the stomach, acids, salads, fruits, especially oranges and lemons, may be taken. Malt liquor must be abstained from. Water, saturated with carbonic acid, is the best common beverage in this kind of gravel, which, with attention to diet and exercise, will sometimes work a cure.

It has lately been discovered that an injection of castor oil has great effect in alleviating the suffering occasioned by a stone in the bladder: common salad oil would produce in a great degree the same desirable result. The method adopted was, when the bladder had been completely emptied, to inject with a large syringe, through a small leaden tube reaching to the sphincter, about two ounces of the cold-drawn oil.

INDIGESTION.

The *Dyspepsia* of the faculty is a very common disease. It consists generally in an irregular appetite, a sudden

and transient distension of the stomach, eructations of various kinds, palpitation of the heart and heartburn, pain in the region of the stomach, perhaps vomiting, rumbling noise in the bowels, and frequently costiveness or diarrhoea; a long train of nervous symptoms are also frequent attendants.

The whole of these symptoms, however, are not always present, and in other cases many additional ones are experienced, such as severe pains in the head and chest, and various affections of the sight.

Among the *causes* that produce dyspepsia may be enumerated intense study, want of sufficient exercise, particularly in town residences, excess in spirituous liquors, &c. Alone it never proves fatal, but it is the fruitful source of many other disorders. This complaint has its seeds sown very frequently in early childhood from the exhibition of calomel. Another fruitful source is the sedentary mode of living practised of late years; late hours and decreased open-air amusements may be also named as producing general chronic debility.

In aiming to cure this disease, the first step to be taken is to remove such habits as have given rise to the complaint. Where dissipation has been the producing cause, simple fare, moderate exercise, and early hours must be adopted. Where severe study has been the cause, books must be partially laid aside. In order to relieve the overloaded state of the stomach, fifteen grains of ipecacuanha powder may be given in water, but an emetic must not be resorted to unless in the commencement of the disease. The bowels should then be regulated, but principally by diet, as active purgatives must be avoided. The following pill will be suitable:—Compound extract of colocynth, one drachm; compound rhubarb pill, half a drachm; ipecacuanha, in powder, twelve grains; oil of caraways, ten drops; Castile soap, twenty grains: mix the whole, and divide into twenty-four pills; one or two to be taken every other night, or as occasion may arise. A tea-spoonful or two of tincture of ginger or cardamoms may be taken in a glass of peppermint or cinnamon water, to palliate flatulency; and if the stomach is affected with acidity, ten grains of magnesia, or ten drops of water of ammonia may be added.

For nausea or vomiting, a draught of soda-water may be taken while in a state of effervescence. If the sickness

continues obstinate, a blister may be placed over the pit of the stomach. To restore the stomach to a healthy tone, tonics and a suitable diet must be observed. The best brown ipecacuanha powder is the most valuable medicine.

Take of ipecacuanha, in powder, thirty grains ; white oxyde of bismuth, two drachms ; extract of gentian, one drachm ; make into sixty pills ; two to be taken three or four times a-day.

The same quantity of ipecacuanha may be combined with three drachms of carbonate of iron, and one drachm of extract of chamomile ; to be made into the same number of pills, and taken in the same manner.

Bitter tonics may be taken in either of the following forms :—Infusion of snake-root, an ounce and a half ; tincture of Columba, two drachms ; tincture of ginger, ten drops : the whole three times a-day : or compound infusion of gentian, an ounce ; alkaline solution, half a drachm ; tincture of cascarilla, one drachm ; to be taken as above. Those persons with whom bark agrees may take two table-spoonfuls of the following twice a-day :—Decoction or infusion of bark, three ounces ; compound infusion of gentian, an ounce ; tincture of cascarilla, two drachms ; liquor potassæ, a drachm. Nitric acid is highly valuable, particularly in cases of long standing, accompanied with great pain at the pit of the stomach : two drachms of this may be mixed with two ounces of water, and a tea-spoonful, or rather more, may be taken three times a-day in water.

From five to twenty drops of muriatic acid, or from ten to forty drops of diluted sulphuric acid, may be taken in water, barley-water, or gruel, twice or thrice a-day.

INFLAMMATION

Of the Bowels and Stomach.—The symptoms attending this disease somewhat resemble those of colic ; but it may readily be distinguished by its being accompanied by fever.

As a *remedy* in inflammation of the bowels blood-letting should be had recourse to on the first attack. After the bleeding, fourteen or twenty leeches should be placed on the abdomen, and be repeated if requisite. Castor oil, Epsom and Glauber's salts, or the common black draught ; but the remedy to be mainly depended on in all acute in-

inflammations, is as follows:—Calomel, from ten to twenty grains; purified opium, one grain; tartar emetic, two grains and a half; conserve of hips, a sufficient quantity to form a mass, to be divided into ten pills; one to be taken after a full bleeding, and repeated every second, third, fourth, or fifth hour, according to the severity of the symptoms.

Inflammation of the Stomach may be distinguished by the burning pain at the pit of the stomach, with the rejection of everything swallowed, and the vomiting more severe: the pain is sometimes so severe as to produce fainting.

The *remedies* in this disease are similar to those in the preceding; but purgatives are not applicable. The blood-letting must not only be employed when the pulse is strong, but when the pulse is small and weak it is equally, if not more, requisite. When the disease has been induced by distension of the stomach, and many ineffectual attempts are made to vomit, a purging medicine must be resorted to, as emetics are totally improper. Warm fomentations and the warm-bath may be used freely.

Acute Inflammation of the Eye, or Ophthalmia.—The first symptom is a piercing pain; great heat and redness succeed.

The *Remedies* are similar to those prescribed for other inflammations; the draught No. 19 should be taken every three hours. The eyes should be kept constantly covered with a rag dipped in the following lotion:—

Dissolve ten grains of soft extract of opium in six ounces of boiling distilled water: strain through linen, and add half an ounce of solution of acetate of ammonia. The rags should be kept constantly wet.

No cold lotion should be applied in the first stage; but when the violence of the attack has abated, the following may be used:—Dissolve five or six grains of sulphate of zinc in four ounces of distilled water. It may be gradually increased in strength.

The patient should be kept quiet, and the light wholly excluded.

Inflammation of the Liver is indicated by pain and a sense of tension, soreness of the right side and shoulder, and inability to lie on the left side: these symptoms are mostly accompanied by a short dry cough. Very acute attacks of

this complaint generally commence with alternate chills and heat; irregular, but mostly costive bowels; pale evacuations; saffron-coloured urine; a furred tongue; extreme thirst, and occasional sickness.

The disease is divided into acute and chronic. The first is principally confined to hot climates, and is to be treated nearly as directed for inflammation of the intestines.

Chronic Inflammation of the Liver is usually denominated *Liver Complaint*. The symptoms are similar to the former, and it is known by continuing after the acute symptoms have subsided.

The pill No. 1 or No. 5 may be taken every night, with a saline aperient in the morning. The tonic mixture, No. 17, may be taken. A warm bath at 95° may be used twice a-week, with a blister occasionally placed over the seat of the pain; and the diet and regimen we have recommended for indigestion must be strictly attended to. Half a pint of strong decoction of dandelion, taken twice a-day, has been asserted to have proved successful when all other remedies have failed.

Inflammation of the Lungs.—The symptoms are pains in the chest, difficulty of breathing, and distressing cough; but the pains are sometimes absent.

The first *Remedies* should be blood-letting by the lancet, leeches, or cupping glasses. The black draught may be given once a-day, and the fever mixture, No. 18, taken every three or four hours. When the fever has been subdued, blisters to the chest may be applied.

Pleurisy, or Inflammation of the Pleura, is generally attended with more acute pain than inflammation of the lungs. In an inflamed state of the heart all the symptoms are generally more severe. The remedial treatment of these diseases are the same as those we have just laid down in inflammation of the lungs, and do not require to be spoken of separately.

Inflammation of the Throat, or Quinsy, consists of a swelling and flushed redness of the back part of the throat, producing a difficulty of swallowing, and fever. In extreme cases the patient is obliged to be kept in an upright position to prevent suffocation.

As a *Remedy*, an emetic of tartarized antimony may be given, and repeated two or three times in twenty-four

hours; after the bursting of the abscess cooling purgatives should be given, such as the black draught, &c.

The following gargle will be proper :—Mix three drachms of tincture of myrrh with seven ounces of infusion of roses; or add half a drachm of muriatic acid to seven ounces of barley-water.

The ulcer, when ripe, may be burst by inhaling the vapour of hot water from the spout of a teapot.

JAUNDICE

Is sufficiently known. There are two kinds of this disease,—the yellow and the green: in the latter the skin and white of the eyes are tinged with green, mixed with yellow.

As *Remedies*, the warm-bath and purgatives must be employed: the first should be used at about 96 or 97°, every other morning, about eleven o'clock. The aperient, No. 13, should be taken regularly, and the following pills during the day :—Castile soap, a drachm and a half; rhubarb in powder, eight grains; ipecacuanha in powder, ten grains; oil of juniper, ten drops; syrup of orange-peel, enough to make these into twenty-four pills, three of which are to be taken two or three times a-day. At the same time the pill No. 6 should be taken every other night, or as often as may be requisite, to keep the bowels regular.

Two raw eggs, the whites as well as yolks, taken every morning fasting, have been said to cure very obstinate cases in a very few days without any medicine.

PUTRID SORE THROAT

Is accompanied with low typhus fever, and is highly contagious. It sometimes commences with the symptoms of common fever; but there is soon a sense of stiffness in the neck, a hoarseness of voice, and the fauces of the throat appear of a fiery or dark red, interspersed with specks of light ash or dark-brown colour: sloughing ensues, and the tongue is covered with a thick brown fur.

As *Remedies*, cleanliness, ventilation with fumigation, and the free admission of air, are of the first importance.

At the commencement of the disease, twenty grains of ipecacuanha powder, and a grain of emetic tartar, should be given as an emetic; then the aperient mixture, No. 13, should be immediately given, and the following gargle employed. Take six or eight drachms of tincture of cap

sicum, mixed with eight ounces of infusion of roses; or one drachm of muriatic acid, and an ounce of tincture of myrrh may be added to six ounces of infusion of roses. These gargles must be used warm.

RHEUMATISM.

Acute Rheumatism usually begins with febrile symptoms, a sense of weight or coldness of the limbs, and confined bowels; in a day or two inflammation, with acute pain, appears in one or more of the larger joints, and it sometimes shifts from joint to joint. The principal *Remedies* are blood-letting, mild purgatives, and sweating medicines. The mixture, No. 14, or any mild aperient, should follow the bleeding, and be taken every morning for a week; then a grain and a half of calomel, the same quantity of opium, and a grain of James's powder, must be made into a pill, with a little conserve, and given every night, or night and morning, and, if requisite, again in the middle of the day. After about a week or ten days, the following may be taken; it would be improper at the commencement.

Take of solution of acetate of ammonia, half an ounce; wine of meadow-saffron, half a drachm; syrup of poppies, a drachm; camphor mixture, an ounce: to be taken as a draught, every six or eight hours, while the pain is severe.

Chronic Rheumatism consists of pain and swelling in the large joints and in the muscles. It is a disease of debility. As a *Remedy*, the best medicine is compound ipecacuanha powder, four grains of which may be made into a pill with a little extract of gentian, and a quarter of a grain of aloes, and taken three or four times a-day. The affected joint should be wrapped in flannel, and rubbed with liniment of ammonia, which may be thus made.—Water of ammonia, an ounce; olive oil, two ounces; shake till they unite. If the pain should be very acute, the pills recommended in acute rheumatism may be taken.

SCROFULA

Consists of hard indolent tumors of the glands in various parts of the body, particularly the neck, behind the ears, and under the chin, which after a time suppurate, and degenerate into ulcers, from which a white curdled matter is discharged. It is a disease of debility.

The best *Remedies* are those which are strengthening and alterative. Mr. Brandish's alkaline solution is of great service. A tea-spoonful may be taken twice a-day, and the quantity be gradually increased to two tea-spoonfuls, to be taken in a cup of barley-water; at the same time three or four grains of the pill, No. 5, or of blue pill must be taken every other night, and the tumors are to be frequently washed with vinegar and water, or a strong solution of common table salt in water. A tepid-bath at about eighty or ninety will be found advantageous two or three times a-week. Carbonate of iron may be sprinkled over the surface of the ulcer with advantage.

SCURVY.

This is a cutaneous disease of great debility. Livid spots appear on the skin, the gums are spongy, and apt to bleed on being touched, while the teeth appear loose.

The *Remedy* is to restore the body to its healthy state by cleanliness, dry and fresh air; fresh provisions and vegetables, particularly acid fruits: fermented liquors, as ale, cider, and spruce-beer, are useful. If such vegetables as scurvy-grass and garlic are resorted to in the early stage, the disease will often readily yield.

Lemon-juice is one of the best remedies. It should be freely drank in the form of lemonade, or the juice of limes or oranges may be used in the same manner; sweetwort is excellent. Dr. Sylvester's antiscorbutic drink is made by boiling three ounces of cream of tartar with four ounces of juniper berries and two drachms of ginger, in powder, five pounds of coarse sugar, and six gallons of water; after boiling half an hour, it is to be poured into a tub, and allowed to ferment: when the fermentation ceases it is fit for use, and from one to three pints may be drank daily. The bowels should be kept open by gentle aperients. A gargle for the gums may be made by adding half a drachm of muriatic acid to seven ounces of barley-water, or a decoction of black currant leaves.